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Southern COACH & ATHLETE



VOL. VIII

A Magazine for Coaches, Players, Officials and Fans

No. 1

September, 1945

20c



Tips on Line Play

J. B. Whitworth

Are You "T" Minded?

Frank Murray

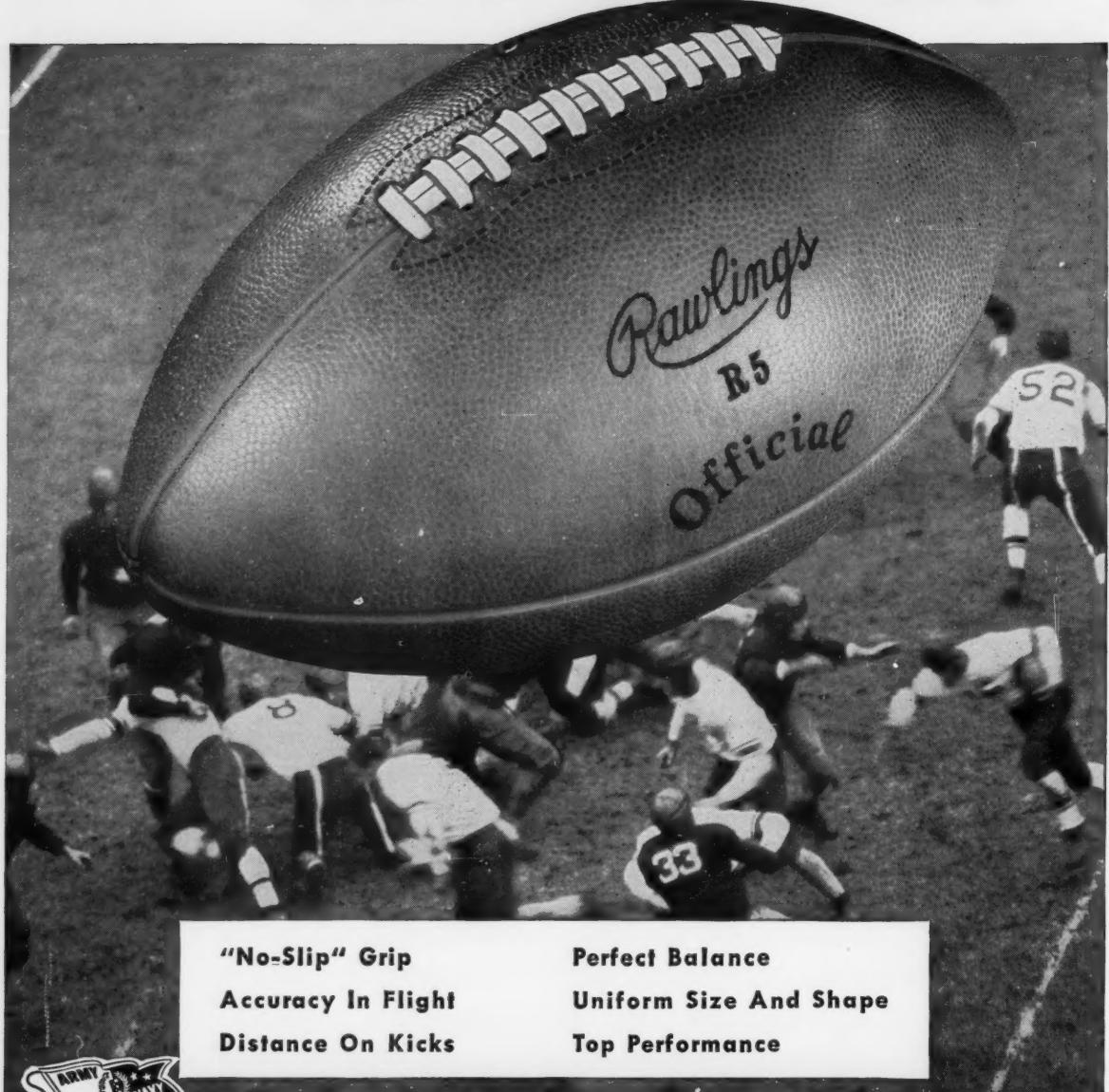
End Play

H. D. Drew

Southern Schools

Central High School
Charlotte, North Carolina

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A Magazine for Coaches, Players, Officials and Fans

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Volume VIII**September, 1945****Number 1***In This Issue*

FRONT COVER PHOTO: Bob Chapman, Captain 1945 Central High School football team, Charlotte, N. C. Four letter man: football, basketball, track and tennis (state singles champion).

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SOUTHERN COACH & ATHLETE, a magazine devoted to sports, is published monthly except July and August, as the official publication of the Georgia Athletic Coaches Association, the Georgia Football Officials Association, the Florida Athletic Coaches Association, the South Carolina High School League, the Southern Collegiate Basketball Officials Association, Southern Football Officials Association, the Alabama High School Coaches Association, the Louisiana High School Coaches Association, and the Mid-South Association of Private Schools. Material appearing in this magazine may be reprinted provided that credit is given to SOUTHERN COACH & ATHLETE.

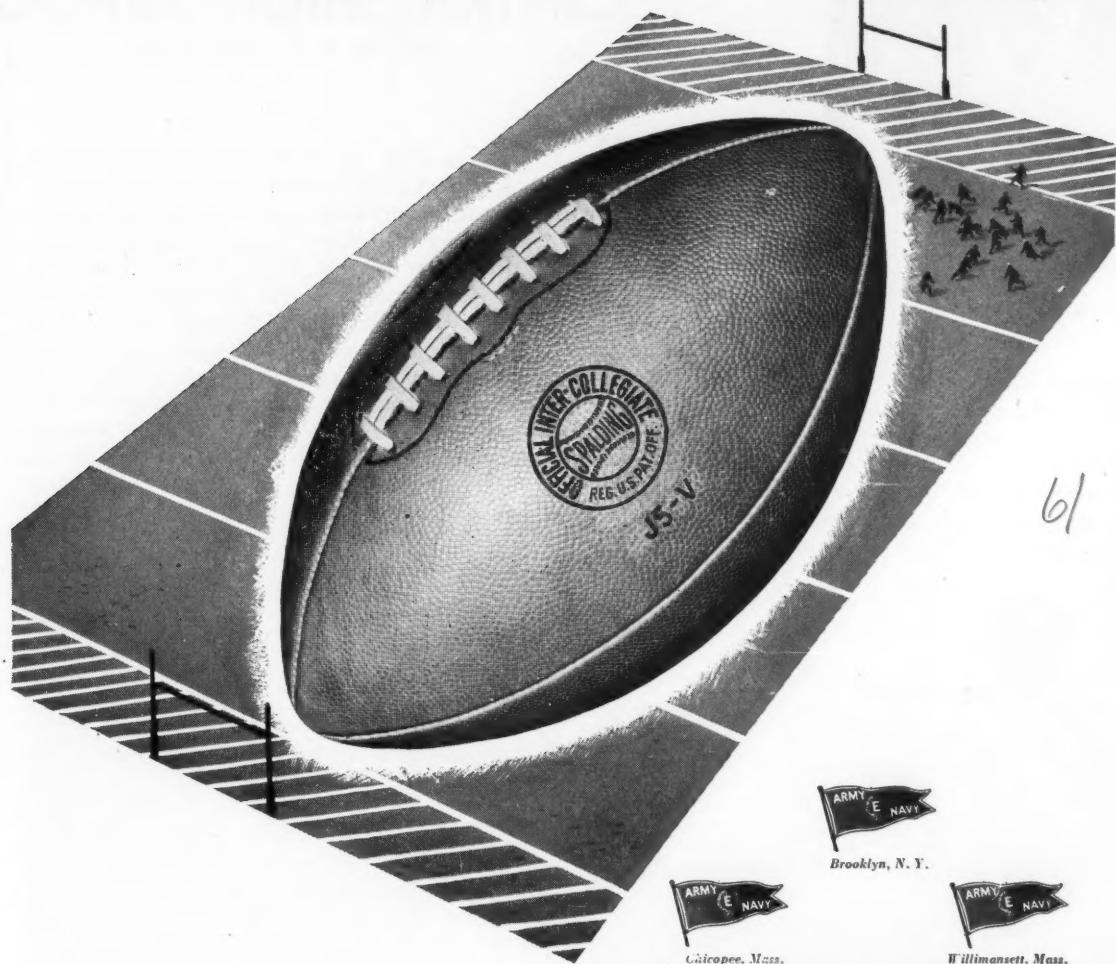
Please report any change of address direct to our circulation office rather than to the post office.

Subscription Rates: One Year, \$1.00; Single Copies, 20 cents.

Published by Southern Coach & Athlete, General office, 751 Park Drive, N. E., Atlanta, Ga., business office address, Box 401, Decatur, Ga.

Entered as second class matter on November 8, 1938, at the post office at Decatur, Ga., under the Act of March 3, 1879.

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The Official Intercollegiate Foot Ball

Spalding Sets the



Pace in Sports



Dr. E. H. Garinger, associate superintendent of city schools in Charlotte. He was principal of Central High School from its beginning in 1923 until August, 1945.

THE beginning of Central High may be traced to the separation of the eighth and ninth grades from the Senior High School grades in 1925. However, the first Charlotte High School was organized in 1912, when the eighth, ninth, tenth, and eleventh grades were united and located in the present First Ward Grammar School Building.



SOUTHERN CENTRAL HIGH SCHOOL

—By DR. E. H. GARINGER

Then, in 1920, the high school was moved to what is now known as the Alexander Graham Junior High Building, on East Morehead Street, named for the pioneer of the Charlotte Schools, Dr. Alexander Graham. The next year a new wing was added to this building, and the first school cafeteria of Charlotte was operated.

Again this high school was moved, this time to Central High, the present building, located on Elizabeth Avenue. This was in 1923, but it was two years later before the operation of a senior high became practicable through the completion of the Piedmont Junior High School building. Then the eighth and ninth grades were transferred to that building and to the Alexander Graham Building, and the 6-3-3 plan was adopted. At this time, 1945, Charlotte maintains for white pupils three high schools and two junior high schools, the Technical High, Central High, Harding High, Alexander Graham Junior High, and Piedmont Junior High.

Central High School has had an enviable record in various extra-curricular activities. For example, six of the football teams have won the state championship. The 1927 team won the Southern championship. In basketball, baseball, and track the boys have excelled. In these sports twelve state championships have been won. The 1935 boxing team lost only one dual meet. A large number of Central boys are commissioned officers teaching physical education in the various branches of the armed services.

Recognition has also been achieved by the musical organizations. State, regional, and national honors have been won by the band and orchestra. Until the war put an end to regional and national contests, Central was well represented and usually came back with a large number of first and second place awards. To the citizens of Charlotte the sight of the band of 115 pieces in the parade either on the streets or at the football games has always brought a genuine thrill. During the current year the orchestra has been very generous in responding to invitations to give concerts at army camps or for other occasions where good music would be

Main entrance, Central High School

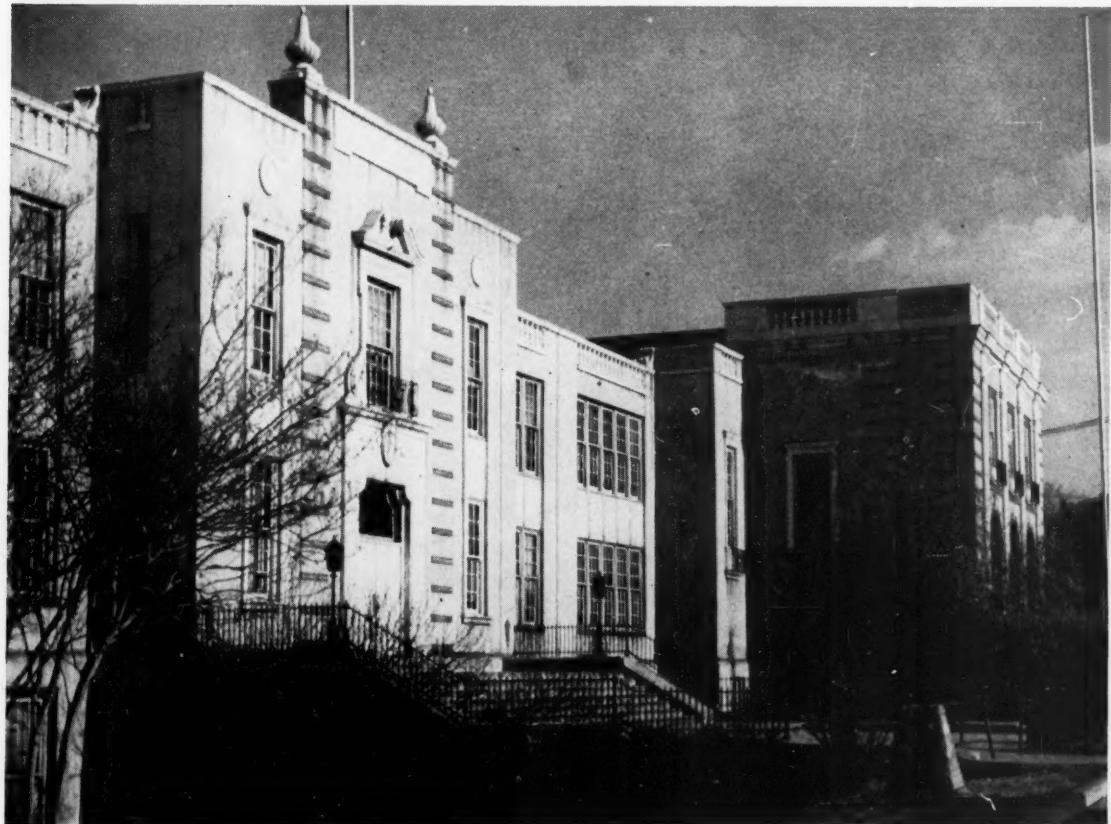
URSCHOOLS OCHARLOTTE, N. C.



John C. Ott,
Principal Central High School

an addition to the program.

The school boasts of one of the outstanding newspapers and yearbooks of the country. Both publications have been recognized nationally in the Scholastic Press Association and by other agencies. A period is set aside in the school schedule whereby pupils and teachers prepare the magazine and the yearbook for publication. The time and effort put upon the publications have made them the outstanding product that they are. For many years the school has also published a magazine known as *Lace and Pig Iron*. In it is published the creative writing of the students in the school who are interested



Central High School Building

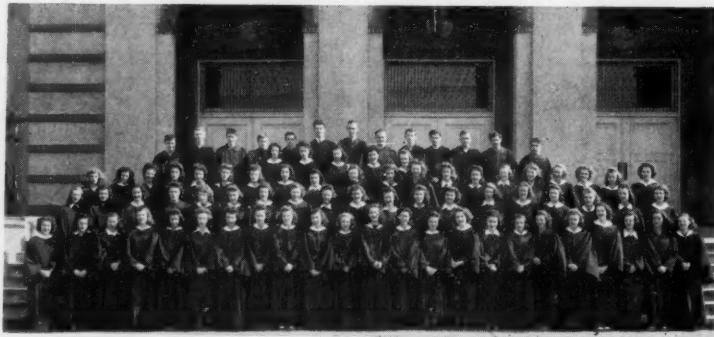
and qualified. The magazine contains a collection of essays, poems, stories, and plays. The work is of such a high character that a book containing an *anthology* of high school verse includes from three to four pages from this magazine.

Central High School has a student body organization which participates in the management of the school. It is a representative organization and carries on a wide variety of functions such as the supervision of the finances of all school organizations, the improvement of the appearance of the Cafeteria, the promotion of a feeling of friendship among the students, helping with the assembly programs, the traffic, handling lost and found articles, charge of the motion picture programs during the lunch hour and the other periods and the carrying on of a great many other activities that deal with the

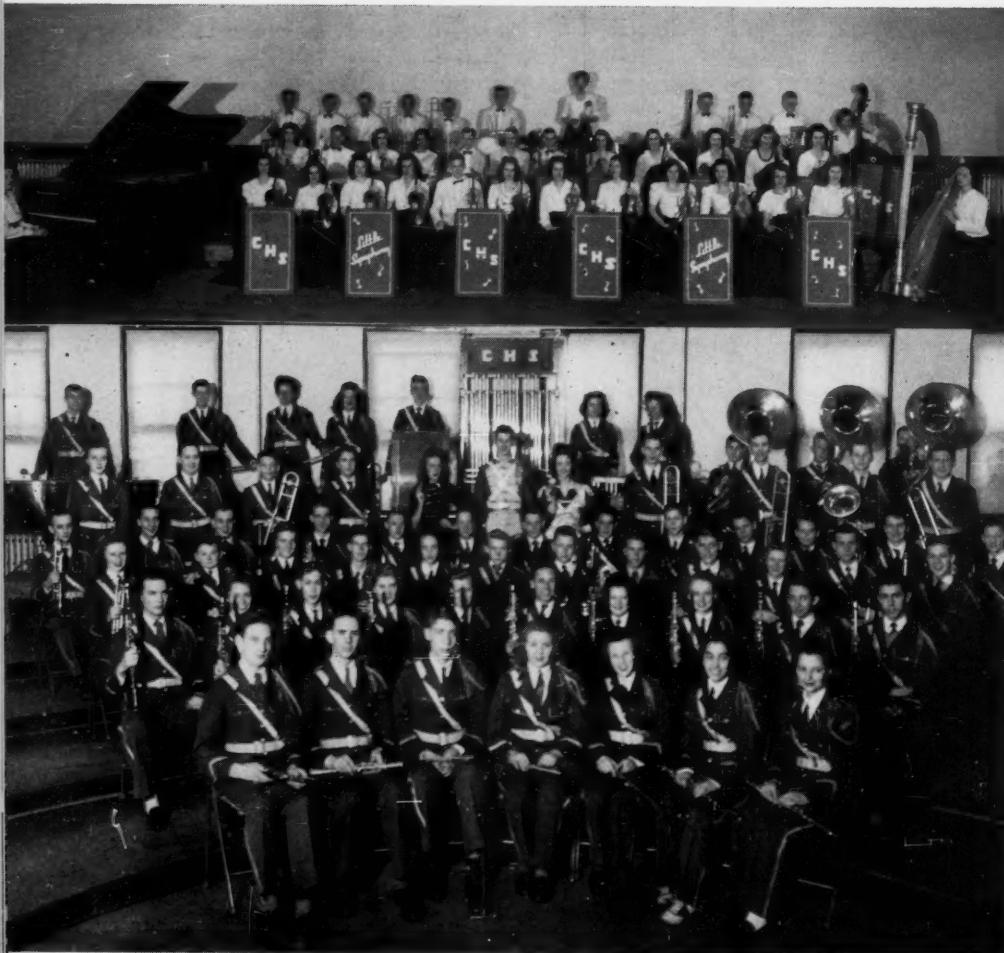
general welfare of the school.

One of the annual assemblies to which every pupil and many parents look forward with eager anticipation is the Honors and Awards program. On this occasion the achievements of organizations and individ-

ual pupils in all of the various activities are recognized. Naturally this program is held near the end of school and recognizes attendance, scholarship, athletics, music, publications, and clubs. It is one of the highlights of the year.



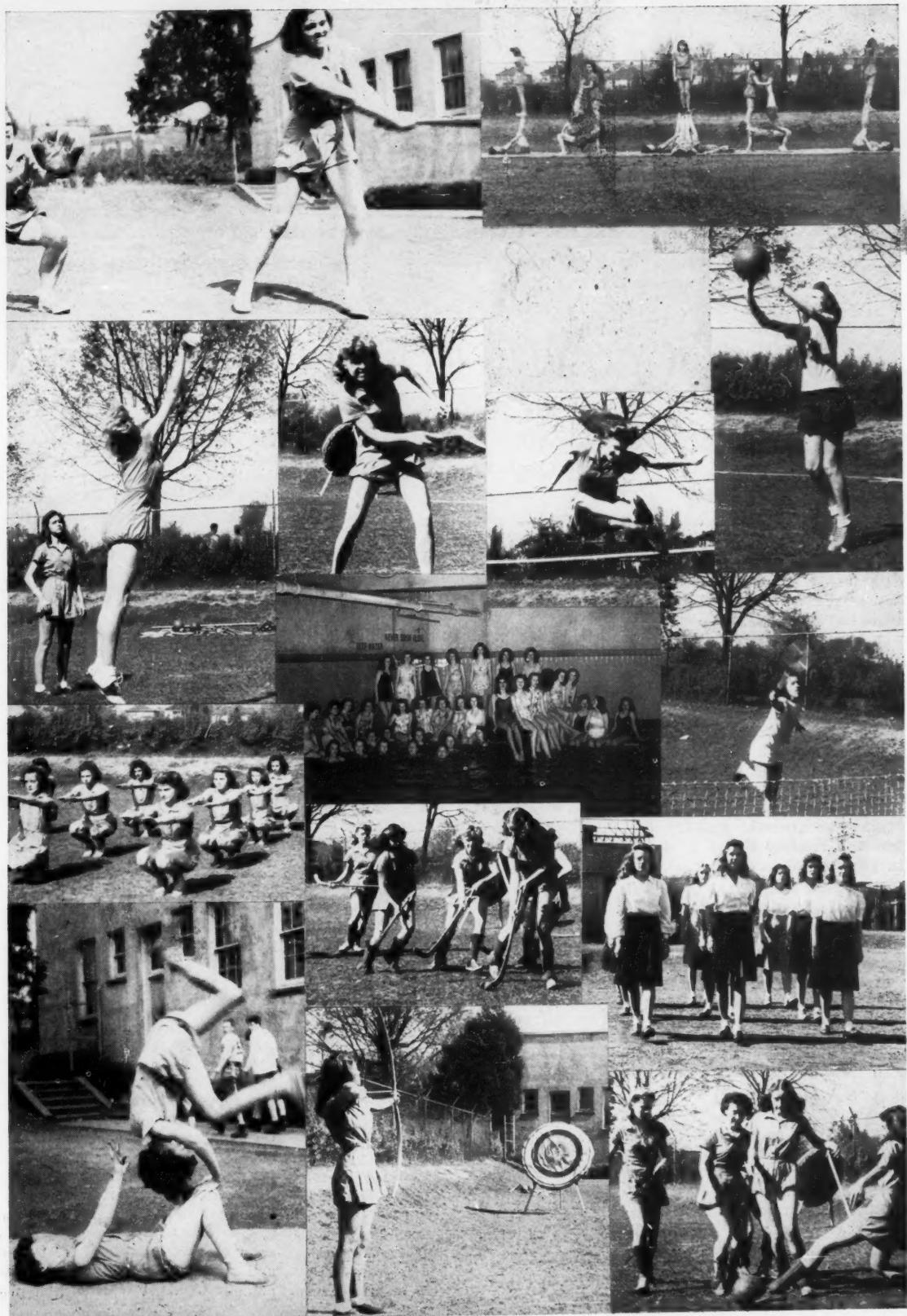
Above: Glee Club
Upper left: Little
Symphony Orches-
tra



Lower left: Central
High Band

Right: Girls' Phys-
ical Education and
Intramural Activi-
ties at Central High
School







W. D. Brannin



Memorial Stadium, Charlotte — home field for Central High School

A POST WAR ATHLETIC PROGRAM NOW

By W. D. BRANNIN

Head Coach, Charlotte High School

Coach W. D. Brannin is Director of Athletics and Physical Education at Central High School, Charlotte, N. C. Last season his football eleven won 8 and lost 3, and his basketball team won 14 of 22 games played.

At Albuquerque (New Mexico) High School, Coach Brannin earned awards in football, basketball, track and boxing. He attended University of New Mexico where he participated in football, track and boxing, and graduated with B. S. degree in Physical Education in 1936. After coaching three years in New Mexico, he attended Peabody College and received his M. A. degree in Physical Education in 1940.

He served as assistant coach and Head of Physical Education at Boys' High School, Atlanta, Georgia, before joining the armed forces.

In the Army, he was Director of Physical Training United States Army Air Forces Officers' Candidate School, Boca Raton Field, Miami Beach, Florida.

AS A RESULT of this war, it is a generally accepted fact that there is going to be a decided leaning toward athletic and physical training programs in all educational institutions and in a majority of industrial plants also. Cities and towns, that have not already, are planning very extensive recreational programs for all age groups.

Here at Central High School we have embarked upon what we be-

PROPOSED ATHLETIC PROGRAM

TEAM	SEASON	BOYS	GIRLS	TOTAL
1. Football (3 squads)	Fall	60-100		60-100
2. Basketball (3 squads, maybe 4)	Winter	30-50	20	60-110
3. Track (2 squads)	Fall-Spring	20	20	40
4. Baseball (3 squads)	Spring	30-40		30-40
5. Boxing (2 squads)	Winter	20		20
6. Tennis (3 squads)	Fall-Spring	12	12	24
7. Golf (2 squads)	Fall-Spring	10	10	20
8. Volley Ball (2 squads)	Winter	18	18	36
9. Badminton (2 squads)	Fall-Spring	6	6	12
10. Riflery (3 squads)	Winter	10	10	20
11. Archery	Spring	10	10	20
12. Bowling (2 squads)	Winter	12	12	24
13. Swimming	Winter-Spring	20	15	35
14. Weight Lifting	Winter	10		10
15. Tumbling	Winter	10	10	20
16. Fencing	Winter	6	6	12
17. Wrestling	Winter	20		20
18. Table Tennis	Winter	6	6	12
19. Soft Ball (3 squads)	Spring	30-50	30	60-110
20. Horse Shoes	Spring	4	4	8
21. Water Polo	Winter	10		10
22. Hockey	Spring	10	20	30
Approximate Total		370-570	200-250	700

lieve is an elaborate competitive athletic and physical training program so designed as to reach every student, boy and girl, in the school.

It is an inherited characteristic of Americans to compete. We are constantly in some form of competition. Therefore, it seems likely that our schools should make available certain forms of competition for every boy and girl. The one we are primarily interested in is sports. Therefore, the following is the proposed plan for Central High School.

A twenty-two competitive sports program will allow for the actual participation of between 600 and 700 boys and girls throughout the school year. Then in addition the intramural and recreation programs will take care of the remainder of the student body.

As has been indicated, our plan at Central takes in twenty-two competitive sports and they shall be broken down here in order to give you an idea as to the value of each sport from a participation standpoint.

Now, as can be expected, the question will arise — "Where will you find all that help necessary to run this program?" Naturally, no school could be expected to finance such a coaching staff as would be needed on a strictly coaching basis, but in your school system there will be an increasing number of male teachers in the future and a likely percentage will be qualified to handle a certain sport or two. Therefore, these men, and in some cases women, will be anxious to assist with such a pro-

(Continued on page 36)

Pre-season Football Training

By W. D. BRANNIN

WE start our football practice at Central High around the middle of August depending upon the date of our first game, allowing approximately thirty days for preparation. Yes, that is right in the middle of the hottest month of the year, but by following proper training rules and schedules, we manage to profit from the work, in every department, rather than wear the boys out.

After a thorough physical examination, at which time we take each boy's weight, the squad reports twice daily for practice sessions of one hour and fifteen minutes. The first few days are spent in calisthenics, group games, boxing, and some ball handling. In other words, we just "mess" around, but follow an organized plan in doing so. This gives the coaches an opportunity to look over the squad and talk to the new and old boys. All the time this is going on, we are accomplishing something — a very important something — the muscles of the body are *gradually* being toned up.

I believe a common mistake we have all been guilty of at some time or another is trying to put the boys into heavy contact work too soon. Consequently, we have a series of injuries that could have been prevented with just a bit of patience.

The athletes at CENTRAL HIGH are conscious of conditioning and the coaching staff has that as its Number 1 rule. Number 2 in importance is fundamentals. We believe a great deal in this early season conditioning work and in all probability will work in shorts for two and a half or three weeks. During that time, the boys — after a calisthenics session — work on individual play such as punting, passing, pulling out, starting, faking, pass catching, extra point, spinning, side stepping, etc. Then we spend a gradually increasing amount of time in the learning of plays. When the boys do put on pads, they are ready to go.

Naturally, with high school boys, it is necessary to start at the very beginning in the teaching of football, even to the rules. Consequently, a great deal of our time is spent on the basic fundamentals of the game with a gradual progression in-



Central High Baseball Squad

to advanced methods and techniques. True, the more advanced boys move along more rapidly but *all* go through the preliminary stages of these fundamentals. We find that it helps the timing of a veteran, if you can call a seventeen year old a veteran.

One other activity we devote considerable time to is tumbling, both in shorts and also later when we put on full equipment. This develops a great deal of agility, co-ordination and confidence in the boy. He learns how to handle himself. But applied to football, it teaches the boy how to fall, which is something we have had trouble teaching.

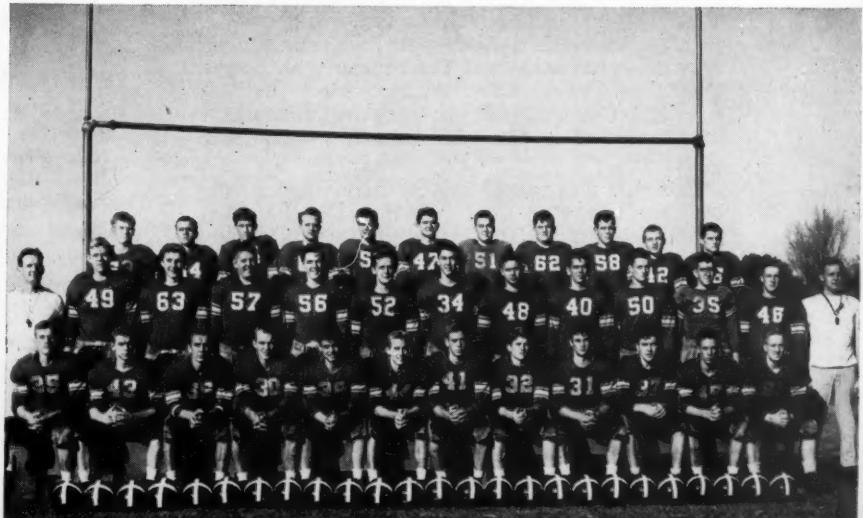
Our two daily practice sessions

continue for about three weeks with an occasional "day off" to break the monotony and our first "real" scrimmage will be about ten days before the first game. Then four days later, we will have our first practice squad game.

When we are having two daily sessions, the morning work-out is from 9:00 until 10:15 and the afternoon session is from 4:00 to 5:15. The boys are urged to take plenty of salt tablets as suggested by our team physician. Likewise, we make them "cool out" before showering. This is hard for most boys because they want to hit the water bucket immediately then jump right into a

(Continued on page 36)

1944 Central High Football Squad — won 8, lost 3. Scored 251 points to opponents' 64.



**Southern
COACH & ATHLETE**
A Magazine for Coaches, Players, Officials and Fans

Vol. VIII	SEPTEMBER, 1945	No. 1
<i>Official Publication</i> Georgia Athletic Coaches Association Georgia Football Officials Association Southern Collegiate Basketball Officials Association Southern Football Officials Association Alabama High School Coaches Association Florida Athletic Coaches Association South Carolina High School League Louisiana High School Coaches Association Mid-South Association of Private Schools DWIGHT KEITH, Editor and Publisher		

A Pledge Renewed

With this issue, SOUTHERN COACH AND ATHLETE begins its eighth year of service to the coaches, players, officials, trainers, school administrators and sports fans of the South. We pause on the threshold of this new year to thank our contributors, advertisers and subscribers for the vital part they have played in making this publication an instrument of service to the schools and colleges of the South.

We also take this occasion to renew our pledge of fidelity and devotion to impartial and conscientious service in the cause of **physical fitness, wholesome athletics and true sportsmanship**. As we grow in strength and influence, we pledge anew our purpose of serving to the best of our knowledge and judgment the highest and best interests of wholesome amateur athletics.

Returning Veterans' Eligibility

One of the most widely discussed topics among athletic officials and sports fans just now is the question of athletic eligibility for returning G. I.'s. Should the discharged soldier or sailor be required to return to the college at which he was originally enrolled in order to be eligible to participate in inter-collegiate athletics? The returning G. I. says, "No." The American Legion says, "No." The N.C. A.A. and Collegiate Conferences throughout the nation say, "No." The Southeastern Conference says, "Yes."

This rule was passed to prevent a "mad scramble" for returning G. I. athletes. On the other hand, it is argued that some of the boys might have new plans regarding their life's work, and might wish to take courses not offered at their former alma mater.

The question is also facing the high schools, where the age of the boy is the dominant factor.

The Southeastern Conference has scheduled a meeting to reconsider the matter. Regardless of the outcome, we will all agree that the interest of the G. I. should have first consideration.

Coaching Clinics

Prior to World War II, the summer coaching clinic had become established as an institution. Some of these were sponsored by the colleges and others by the high school coaches' associations. When the war came with its necessary restrictions and its drain upon the coaching man power, most of the coaching clinics were discontinued. We have stressed the wisdom of continuing these programs even on a restricted basis. A few have done so and thereby rendered a valuable service to many new coaches who were entering the field, as well as to old coaches who were wrestling with new problems. The associations which did carry on are now in position to continue their program without breaking stride. The returning servicemen can come back and find the organization almost as they left it, fully organized and in operation. Otherwise, they would have to reorganize and start all over again.

A coaching clinic never fails to accomplish at least three things: (1) presents new ideas, (2) refreshes the coach's mind on old ideas and methods, and (3) it brings the coaches together in a fine spirit of fellowship. One comes to know his rival coach as a good fellow who, in addition to his desire for athletic conquests, enjoys and can tell a good story, likes good food and, in general, behaves much the same as other human beings. Being able to "get along" with the other fellows is an important lesson to learn in any profession.

This Stands for Honorable Service to Our Country



This insignia is the emblem of honorable discharge from military service. Be able to recognize it and wherever you see it, make it a point to be considerate of the wearer. It indicates that he is a "letter-man" on the greatest team that ever took the field. This is his monogram awarded by Uncle Sam. Let him know that you appreciate the part he played in bringing victory to our side.

Many of these men were former coaches among us and are already beginning to come back to their old jobs. Go all-out to give them a welcome back!

WITH THE SOUTHERN STATES

By H. V. PORTER

SOUTHEASTERN STATES CONFERENCE: At a recent conference of representatives of the state high school associations of Alabama, Florida, Georgia, Kentucky, and Tennessee, several actions of general interest were taken. It was agreed that in contests between schools within a state, a member high school may participate with members of a recognized private school association provided that no transferred student is permitted to participate until after he has attended his new school for one full year. For purposes of administration, a student is not considered a transfer if his parents actually move into the new district or if he is entering at the completion of a school grade not higher than the eighth in a twelve grade system or not higher than the seventh in an eleven grade system.

In interstate athletic contests it was agreed to rigidly adhere to the National Federation by-laws governing such contests. These provide that no member school shall compete in

any unsanctioned interstate tournament and it shall not compete in any contest between two schools when a trip involves more than 600 miles unless such event has been sanctioned through the regular sanction machinery.

It was agreed that the group would promote the policy of liberalizing the eligibility rules for those who return from military service. Such modifications will consider a returned veteran as having the same eligibility status he had when he left school except that no modification is made in the age limit and no modification will be made unless the withdrawn student entered active service within twenty-one days of his last school attendance and unless, after honorable discharge, he re-enters school not more than ten days after the beginning of the semester which follows his discharge.

Agreement was reached relative to reciprocal use of properly registered athletic officials in the neighbor-

boring states. The details of the reciprocal arrangement are to be worked out.

FLORIDA: At the last meeting of the Legislative Council of the Florida Association a number of significant rule adoptions were made. These include the following:

(1) The number of permissible football games is limited to ten per season and the closing date is set at December 15. Under certain stated conditions an eleventh game may be scheduled when sanctioned by the State Association. If such game is sanctioned, 12½% of the gross receipts must be paid to the State Association.

(2) For interstate football games it is made mandatory that the Federation sanction rule be adhered to and participation by a member school against a school from another state which is not a member in good standing with its state association will subject the offending school to

(Continued on page 36)

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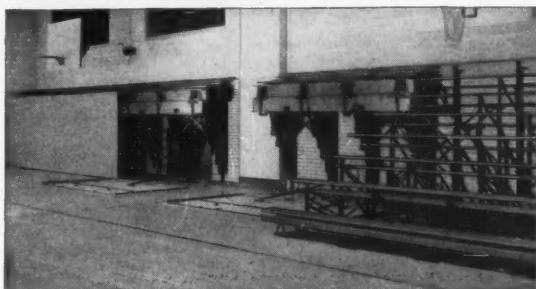
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Capacity crowds can be comfortably and safely seated. When stands are not in use, they're folded or rolled away, making considerably more space available for practice courts, calisthenics, and other activities where all floor space is needed.



Above illustration shows a UNIVERSAL FOLD-A-WAY Gymnasium installation with sections open for use — folded back — and fully closed, providing maximum floor space.

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Send us the measurements of your present or proposed gymnasium. Our engineers will help you plan for Durability, Economy, Safety and Space Saving.

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ILLINOIS

Mr. Scout! Get Their Pass Defense

By LOU BROWNSON

Head Coach, Holy Cross College, New Orleans, La.

MR. Head Coach: "Boy! If I only knew how they would cover our passes!"

How many times have all of us said this, even if only to ourselves? Coach should have said, "Mr. Scout, Get Their Pass Defense."

We know this is a difficult assignment but, if done thoroughly and systematically, pays dividends that fall from the sky. Yes, they may use all types of pass defense but which one is "their baby," the one they practice on most, the one they have been "sold on" by their coach. Are they predominately a rushing team or a covering team?

If they are a rushing team our plans should be designed to force them into a covering game by wide split ends, men in motion, fake pass and trap plays, screen passes, and overloading of the inadequately protected zones. Mr. Scout has

warned us—they are a team of rushers primarily, hence we will work hard during the week against their type of rushing tactics.

If they are a covering team we should plan to force them into a rushing game by runs that look like passes, pass patterns that tax their type of coverage, matching our best and fastest receivers against their slowest and weakest defenders. We will concentrate on deception in our passers and receivers for our Scout tells us they believe in covering first and rushing second. Hence, Mr. Scout, you have done fifty percent of your job on their pass defense if you can determine which of the two types they have mastered and believe in the most. We can plan and distribute our week's labor with the minimum loss of time insofar as pass offense is concerned.

A predominantly rushing team will:

- 1—sneak backers-up into the line or send them thru line at passer
- 2—have their ends boring in with plenty body pressure, not floating or covering the sidelines for a sweep or pass
- 3—place tackles in gaps inside wide split ends, so they can get up steam
- 4—send their guards thru holes left by pulling linemen
- 5—double team one offensive man, such as, a guard pulling out the offensive tackle and the other guard blowing thru the hole at the passer
- 6—have guard hold up your center who is supposed to pull back and block their big, 195-pound right end who likes to hit defenseless passers
- 7—shift their line to the passing side of your formation every time they fear a forward pass
- 8—change from 5-man line to 6, or 6 to 7 when expecting air attack
- 9—regardless of line arrangement, they always charge across first—they have been told, "you linemen are our pass defense, tackle that passer"



Coach Brownson is a graduate of Loyola University of the South. After serving for seven years as assistant coach and chief scout at Jesuit High School, New Orleans, Louisiana, he was named head coach at Holy Cross in February, 1942. He coaches football, basketball and track.

In his three and a half years at Holy Cross, his teams have played 117 contests, winning 101, losing 13 and tying 3. They have won 16 prep school championships out of a possible 22, including 5 state titles. During the past school year, Holy Cross was co-champion of New Orleans and victor in the Toy Bowl Game and C.Y.O. Classic in football, and City and State champion in both basketball and track.

- 10—charge across in one direction, side step and go to open side of a faked blocker
- 11—not attempt to wrestle or hold up your ends—they want a clear path to the passer
- 12—award the lineman that tackles the passer the most a "special award" at banquet time.
- 13—donate a "special award" to the player who intercepts the most passes.

(Continued on page 40)

"IT
PAYS
TO
PLAY"

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IT'S WILSON TODAY IN SPORTS EQUIPMENT

ARE YOU "T" MINDED?

By FRANK MURRAY
Head Coach, University of Virginia

EXCLUSIVE use of the "T" for five years has disclosed some factual information. I am not trying to sell anybody on changing anything. Neither do I desire to break down certain phobias that are set. Above all, I won't attempt to destroy the accepted formulae of those exponents who have different conceptions. But to coaches who neither have started nor gone very far into the intricacies of the "T," I offer a bit of experience.

(1) Don't take as final anything anybody says. Experiment for yourself. Once satisfied as to the best mode of procedure, see it through regardless of what the other guy says or thinks. Phoney steers can lead into blind alleys—and blind alleys can ruin a chap before he starts.

(2) Get your backs to the line of scrimmage as fast as humanly possible. That eliminates delayed body faking. It accentuates striking the hole sooner, which is the main ingredient in an attack which puts a premium on speed.

(3) Have linemen block low. Stress shoulder contact rather than high face stance. The shoulder block, in my book, is still the best type in football. Why make the "T" the exception? I realize this assertion brings a salvo of "no's" from most authorities. That doesn't bother me! (See (1) above).

(4) Don't try to pull the long guard on interference behind the line of scrimmage. I have not been able to find any mentor who could make it click consistently, where the objective is speed. Check any pictures for verification. Pericles once said the wise man was he who did what he could do, not what he wanted to do. Pericles would have been a good coach.

(5) Limit your ball-handler's pivots to two—the quarter pivot and the three-quarter. Others are superfluous. Why clutter the boy with more?

(6) Run the back until the timing is razor sharp. It requires teaching and practice. If you are not a teacher and don't insist on practice, why collect money under false pretenses?

(7) Curtail your repertoire. We did not have to wait until now to discover that fewer plays thoroughly

Coach Murray is a native of Maynard, Massachusetts, where he attended high school, but played no football because the school board ruled it out as too rough. He played baseball and basketball at Tufts, where he received his B.A. degree.

After taking two years of graduate work at Harvard and one at University of Chicago, he worked on newspaper and sold insurance. He coached in high schools in Massachusetts, Illinois and Wisconsin before going to Marquette University for a 17 year stand. He coached basketball there for nine seasons and football the entire period. He is now in his ninth season at Virginia.

He likes all sports but is partial to football, baseball and basketball—ranks Cobb, Ruth and Wagner as baseball's greatest players—thinks the Gloversville professional five was better than the Buffalo Germans, the Original Celtics or the Renaissance five—won't hazard a guess as to the top football man or team—believes the "T" formation, in imaginative hands, offers the best spectacle and will grow in popularity—predicts the new forward pass rule will add two touchdowns per game—declares the best thing this war has done for football is to prove that there is no reason for precluding a freshman from playing varsity football if he is good enough to make the grade.

mastered would bring better results than more maneuvers partially absorbed. In our final game in 1944, we showed eight running plays, including the sneak, and our attack varied enough to be effective.

(8) Don't mix formations. Part "T" and part single wing nullify perfection in either. If you are satisfied with your present stuff, don't fool with something else. If you want to change, go all the way. Ersatz coffee is a bad substitute for the real thing. Ersatz "T" won't fill the bill. The chap who tells you there is not enough punch within the opponents' twenty yard line is in a fog. Either he has not spent much time perfecting the thing, or does not know which part of his attack is clicking. Statistics prove that we can score better

inside the twenty yard line than from any other form of offense I have ever used. Why elaborate when the record speaks for itself.

(9) In the "T" there are four running backs, not three and a glorified guard, called a blocker, who never sees the ball except when recovering a fumble. If you don't think it builds morale in your foursome to let them all handle the ball, just look it over.

(10) For those who know the formation, it is easiest of all to impart. Why? Because the boys eat it up. Show me the youngster who doesn't like to fool his adversary and I'll present you a kid who is not of America.

(11) The opponents you are trying to hornswoggle are not the linemen, but rather the backer-uppers. That is why feints, fakes, and finesse are so essential—to draw the secondary out of position. The depth of mythology is to aver that the quarterback is the chief magician. The boy who fakes to receive the ball, but doesn't touch it, who feints a play that doesn't materialize, is the real Houdini. That's the way it is with the spinner in the wing-back attack, is it not? Why any different here?

(12) Don't fall for the hokum you must have post-graduate footballers to make it jell. Last year we had four squad members of sophomore experience. Probably five others had been college frosh. Possibly half a dozen, all-told, were familiar with the formation when we started. A reserve was the only quarterback returning for the key spot. Surely you wouldn't term that a veteran crew. I might add that our Navy program limits practice from 5:15 to 6:30 daily. We never have an evening meeting of any sort, even with signal callers. I am merely attempting to bury the hallucination of the endless time it takes to teach the "T."

(13) Spend as much time demonstrating how to gain position for the block as on the actual contact itself. That stands for both the linemen and the backs. Such a statement sounds strange and breaks a cardinal principle of those old-timers who advocate perpetual rocking and socking. But I am not interested in dubious principles and old timers.

September, 1945

SOUTHERN COACH AND ATHLETE

19

I am looking for touchdowns! The settings which lead to the long gainer may be different from those which grind out meticulous first downs.

(14) Forego excessive scrimmage and bring on the dummies and aprons. If you are of the school which believes such shenanigans result in sissifying what would otherwise be tough hombres, I cannot agree. If you figure the "T" is just a soft way of circumventing a hard situation, you're wrong again.

(15) To the veteran mentor the "T" is rejuvenating. He has discovered it is very easy to fall in a rut as time passes. Hence, the formation acts like a shot in the arm. He becomes dynamic again. How can the boys become enthusiastic if the head man lacks that vital germ? On the other hand, the young coach finds it fascinating. It stimulates his initiative and imagination. Finally, to both it is challenging, and any time a real competitor meets a challenge he responds in kind.

(16) Don't be satisfied with the 1940 brand if you would be up to date. Nothing worthwhile in the modern world is static—then why expect football to be so? How far

would our forces be today in the Far East if we had continued to employ the planes Doolittle originally flew over Toyko? In my opinion, the 1940 version is just as obsolete in 1945 football.

(17) If you are an incorrigible disciple of the "material-is-the-only-thing-that-counts" bunk, don't waste time on any new ideas. If you accept that dictum, only one change will help you—a change in profession. Try home gardening or some such stunt. If there are degrees of proficiency and ability in doctors, lawyers and engineers, why not in coaches? If the boys at Coral Sea had left the issue wholly to material, well, you can answer that one.

(18) The "T" offers more possibilities than any method of attack with which I am familiar. Football is a battle where the offense seeks to stay ahead of the defense. Contrary-wise, defense aims at catching up with the maneuvers of the team with the ball. To elucidate: by 1940, the "T" had forged unmistakably ahead. Three years later, the shifting defenses began to equalize matters. Now the pendulum is strongly the 1940 way. This will be

evident before the current season is past. By 1946, it will be startlingly so. Which suggests that the defensive minds had better be doing some heavy thinking right now.

(19) Watch the development emanating from the new "forward-pass-a ny w h e r e-b e h i n d - t h e - l i n e" rule. College men will do more with that in two years than pros have done in ten. (Merely another prediction). But wait until the allotted time has run out before blasting "bunk."

(20) In a final word on these random notes, please forgive reference to the personal equation, but it may help to put across my point. I have worked more actual hours in "T" research the past five years than a coach ordinarily would spend in ten, at perfecting his conceptions. My ambition? To know more about the formation than anybody I'll ever have to meet. Suppose I don't reach my objective? You'll agree the attempt will have made me a better qualified exponent in the field. Therefore, the work will not have been in vain. Q.E.D.

By the way, what is your ambition? Are you "T" minded?

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END PLAY

By H. D. DREW
End Coach, University of Alabama

BLOCKING Shoulder Block

SHOULDER block must be developed. Also the means of getting in position for this block, as the other blocks often end up in the shoulder block.

To develop the shoulder block, you must have proper stance at time of starting the block. Do not sit back on the heels, or have the tail too high. The head should be up, shoulders square, with very little weight on the hand. The shoulders move first, fast and hard and, almost simultaneously, a short step is taken with the foot on the side which you hit with your shoulder. Work for speed and hard hitting, dropping the knees slightly to come from underneath. If possible, throw forearm in with shoulder to increase blocking surface. Use head feint or head roll to draw defensive man off balance, and to draw his hands away from head and shoulders. The second step is taken with outside foot and tail thrown between man and ball. Keep head and neck close to man and keep contact. Follow up with short, digging steps. Do not go to ground. Always keep feet apart and drive off toes. At the end of each shoulder block, finish up with body block.

Jump Block

With the tackle on the outside, jump to outside of tackle with both feet at the same time, first sliding along the ground. Land at an angle coming off both feet from underneath at the same time. The movements are the same as shoulder block.

Cross Blocking

Stay down in position and take step slightly back and in direction you wish to go. Keep head up. Take short shuffle steps necessary to hit defensive man. If he is charging through, put head in front; if holding ground, put head behind. Do not give away by looking or leaning, and drive hard and fast.

Reverse Block

The reverse block is ordinarily used on weak side where you have to keep tackle from going through on the inside of you, and to prevent him from drifting after he sees the play. If tackle is charging, put head in front and drive with shoulder block until you feel man backing or



Coach Drew is a graduate of Bates College and Springfield College, where he participated in football, baseball and track. Before coming to Alabama as End Coach and Track Coach in 1931, he had coached at Trinity College (1920-24), Birmingham-Southern College (1924-28) and University of Chattanooga (1928-1930).

He is a veteran of both World War I and World War II. He has recently been discharged after serving at the Naval Air Station, Miami, Florida; Naval Flight Preparatory School, Natchitoches, Louisiana and at Saipan, where he spent eight months as Director of Fleet Recreation.

He is now back at his old post at Alabama. Among the great ends he has coached are Don Hutson, "Bear" Bryant, Jim Walker, Ralph Gandy, Hal Newman and Holt Rast.

drifting, then swing into body block with feet down field. Keep contact, be aggressive and tie up defensive man.

In blocking secondary, use shoulder block, if man is standing still or under control. If man is moving, use hip block. Get close to man and keep after him. We must get secondary to go for long ones.

Build blocks by use of the shift. Watch how the tackle plays. Be aggressive. Get nifty and be smart. Never give play away.

COVERING KICKS

Speed, use of hands, and faking are big assets. Don't get knocked down. Stay on the outside, use your hands, be under control and learn to tackle sure and hard. If you are on weak side and end moves in close to help block kick, move inside him and knock him off stride before covering kick.

CATCHING PASSES

Run relaxed, don't look down field and give play away. Learn to run at 4/5 speed, making it look like you are going at full speed, and use fakes with feet, head and eyes to throw defensive man off balance. Cut at sharp angles, step on the gas when you cut, catch ball in the hands, fingers spread and arms relaxed. Put the ball under your arm properly, run in a paying direction and work on dodges the same as a back to get away. Do this every time you catch the ball. Learn to run with feet straight to the front and turn only at the neck.

When decoying, run close to man you are trying to get out of position. Go through same motions as you would use in going for a pass. Work hard on this and notice at all times how defensive man reacts and whether you are covered. Decoying makes our passing attack go.

CARRYING BALL

On end-around plays, step back slightly and in direction you are going. Stay low, keep eyes on the ball until you have received it, always with outside elbow down. Tuck ball away and run hard. You are a better end if you can carry the ball.

DEFENSIVE END PLAY

Be rough, nifty, learn to maneuver in a crouched position. Learn to use hands and forearms. Talk it up, as you are in a position to see everything.

In normal defensive end play, stand on line of scrimmage with inside foot forward in a semi-crouched position. On snap of ball, take first step with outside foot, and advance two steps across the line of scrimmage as far as possible at 65 degree angle in a crouched position, with inside leg forward. Come up from underneath with hands, arms stiff. Straighten up blockers. Use your feet, keep legs behind you and go to ball carrier. If two men come at you, always play outside back. See

at an instant whether it is an outside play. If it is outside, take first step out with inside foot and keep crossing out along line of scrimmage, when you see it is an outside play. Give a little ground if you have to. Keep head up and watch for cutbacks. In all defensive normal end play, if you have to give ground, give it over the ground you have taken and not to the outside, as this opens up too large a gap between you and the tackle. Keep in touch with tackle, full-back and half-back by word or signal on your side, as this is the only intelligent way to play defensive end.

The smashing end should drive deep back into opposing back field, down low, and drive into outside back. With shoulder and forearm throw tail into inside blocking.

In playing against a flanker, go out with him, if he does not go too far, then come back in and play smashing end. If he is in fairly close, play flanker and watch for inside blockers.

In playing lateral pass, go for ball carrier. Tackle him high around arms and make him get rid of ball fast.

On kick-offs, go down on the outside. Don't let them get around you on outside.

GENERAL SUGGESTIONS

If tackle is holding you on passes, get away: (1) by throwing up arms, (2) fake block and leave him, (3) pivot away, (4) use shift to advantage to get away.

Know the detail on all plays and carry it out.

Keep account of down and yardage and call it for the rest of the team.

Be in shape and do your best. Try for perfection.

On plays to other side, be alert for reverse or trick plays coming back your way.

On all spread formations, see that the wide men are accounted for by the secondary defense.

Watch for double passes and criss-cross plays on kick-offs.

You are in the best position to rush the passer. Fake to get by blockers, use your hands and rush under control. If passer still has the ball, tackle him high. If he has gotten rid of the ball get to him and knock him down. There is nothing that throws a passer's timing off like being hurried on a pass, and there is nothing that disconcerts him more than finding himself on the ground every time he throws the ball. The best forward pass defense is rushing the passer.

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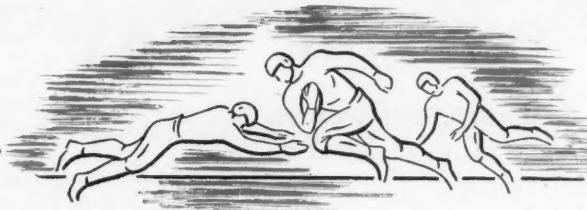
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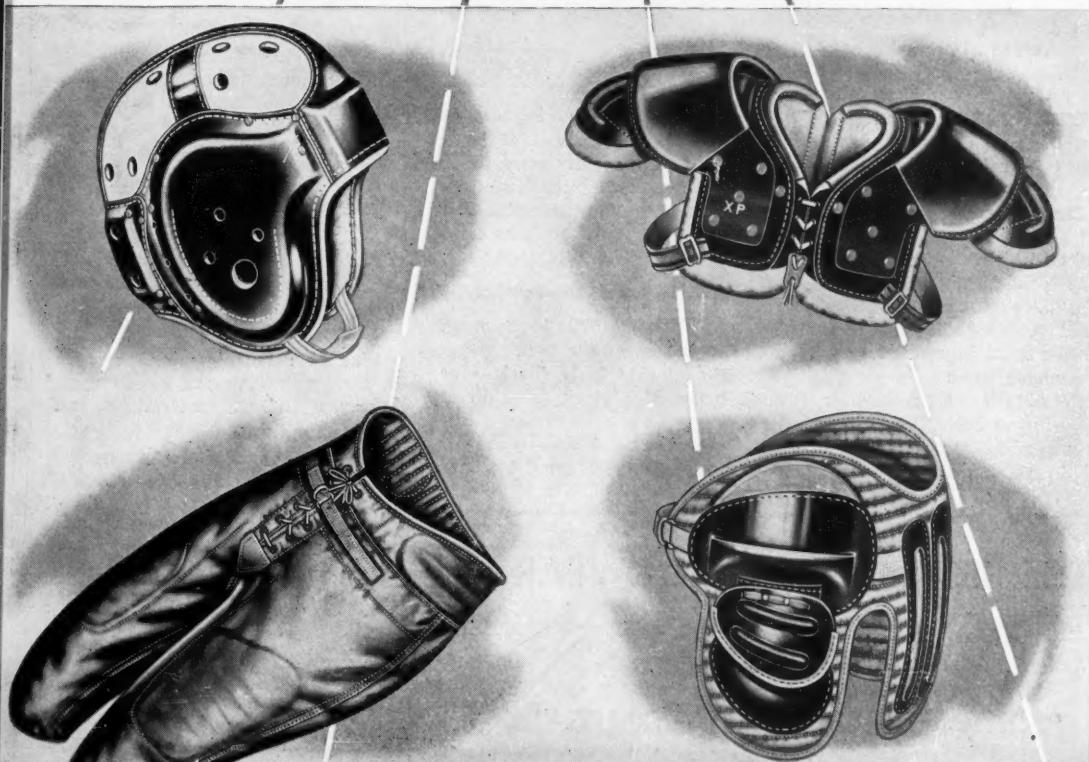
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TIPS ON LINE PLAY

By J. B. WHITWORTH

Line Coach, University of Georgia

A. Qualifications of a lineman:

1. Ability to specialize.
2. Aggressiveness.
3. Quickness of movement.
4. Nerve.
5. Reliability.
6. Stamina.
7. Size and strength.

B. Exercises to help develop linemen:

(Daily exercises for a lineman at the first of the season.)

1. Knee bends.
2. Crabbing.
3. Push-ups.
4. Duck waddle.
5. Stomach exercises.
6. Wind sprints.
7. Neck exercises.

C. Stance of a lineman:

1. Comfortable.
2. Relaxed.
3. With coverage of normal space.
4. Mobile.
5. With regularity in position.

OFFENSIVE LINE PLAY

A good basic rule for offensive line play is to make quick contact and keep contact with leg drive.

Work for perfection and execution.

Remember details.

Blocking is the backbone of offensive football. A great amount of time is required to teach it and much time must be spent in practice.

Blocks commonly used:

a. **Shoulder block** — for power, for drive and to open holes. This block requires a quick, aggressive and powerful charge. Quick contact must



Coach Whitworth played guard at Alabama, being on the 1931 Rose Bowl team. Following graduation, he served as assistant coach at Alabama from 1932 through 1934, and at L.S.U. 1935-1938. He came to Georgia as line coach in 1938.

be made and kept. This is the main offensive block and the best.

b. **Hip or side body block** — for flank plays, also away from direct hole.

c. **Crab or crawl block** — good for one man block. It is used by ends

more successfully. Good position block.

d. **Passive block** — for passes and punts. This block is usually a hip or side body block, used not for opening holes but more or less for holding defensive man in position.

Linemen pulling out.

Kinds of pullouts: 1. Stepout. 2. Pivot.

Interferers — Guards and Tackles.

a. Very important phase of offensive line play.

b. No give aways. Form habit of being natural.

c. Guards, like halfbacks, must become experts in execution.

d. Sell idea of importance of interference to linemen.

e. Linemen enjoy blocking. The difficult part is making them work on weaknesses.

f. Good interferers never look back. Carry out your assignment, if you miss him look for someone else — never stand around.

DEFENSIVE LINE PLAY

Tackling is the basic fundamental of defense.

Tackling requires a great deal of practice. You can use dummies for form and correction but live bait produces the best results.

Watch for the big mistakes made in tackling which are closed eyes, improper timing, carelessness and turning the head.

Kinds of tackles commonly used:

a. **Shoulder tackle** — most important and best.

b. **Side body tackle** — used when man is going away from you.

Stance:

1. Relaxed.

2. Comfortable.

3. Mobile.

4. Three or four point position.

5. No set rule concerning which leg forward or back when playing an opponent.

6. Higher position is satisfactory for big men and also for first down or big yardage.

7. For short yardage, line play is lower.

(Continued on page 29)

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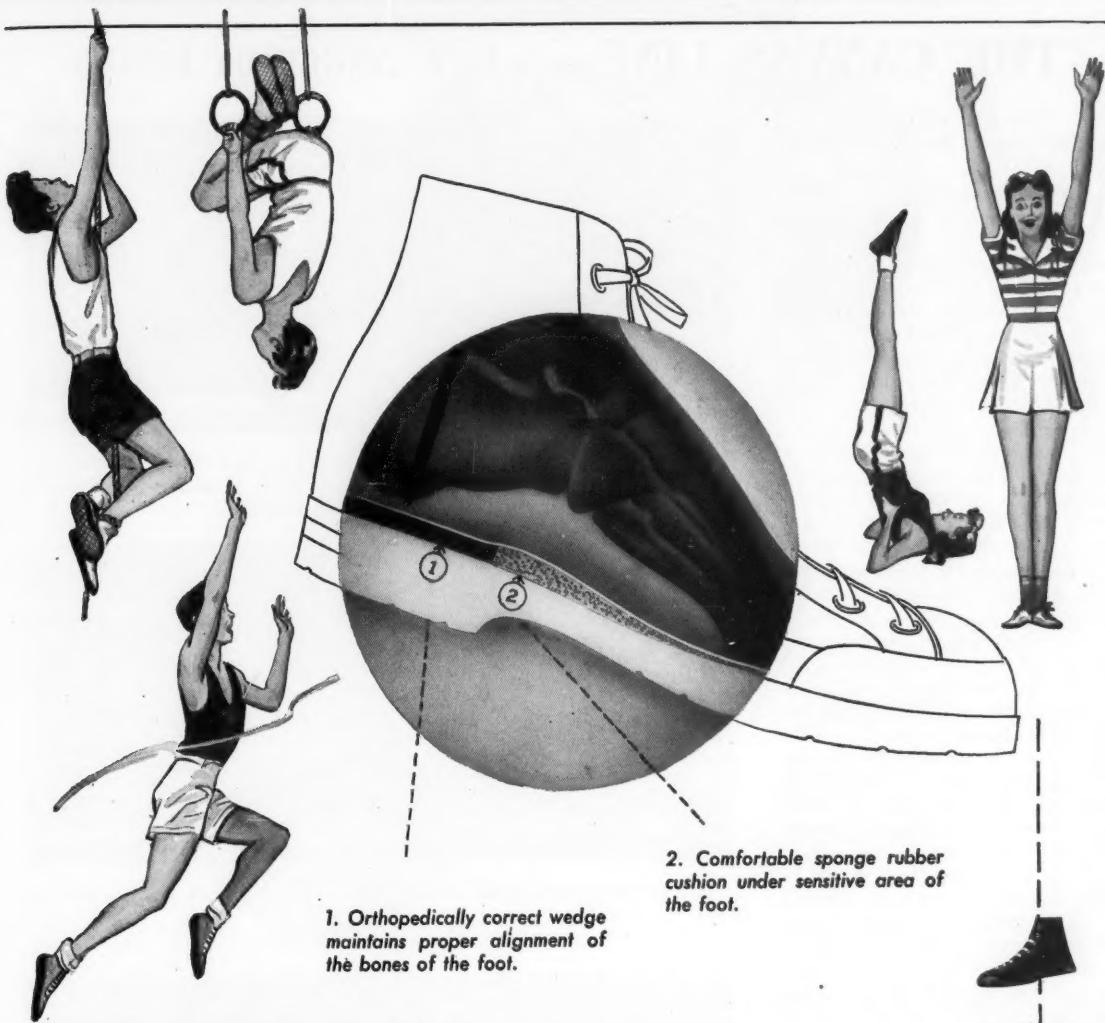
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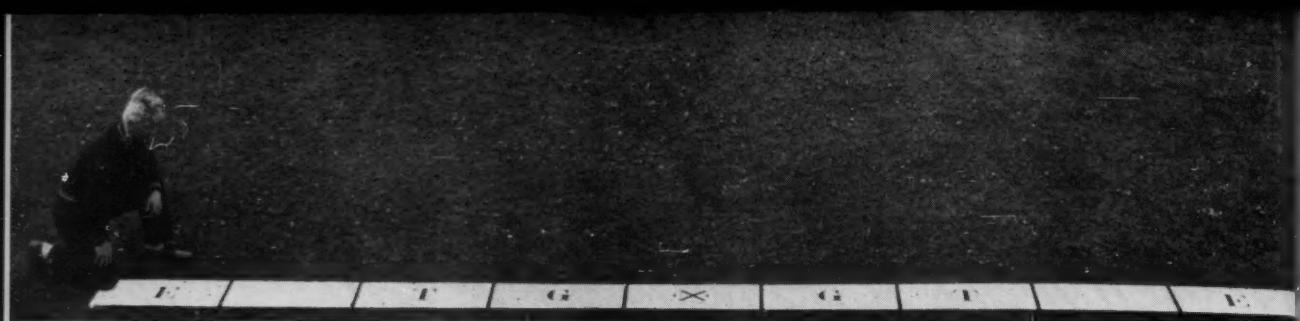
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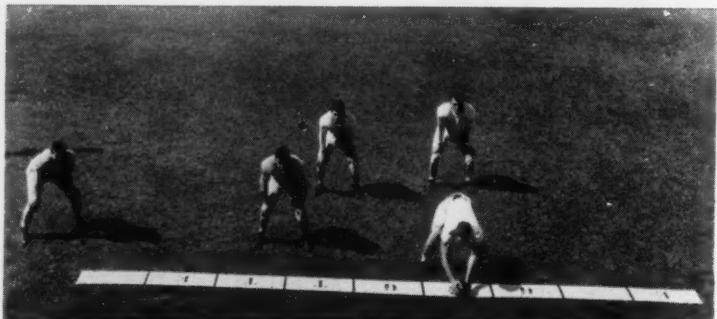
THE CANVAS LINE—A NEW ANGLE BY ENGLE

By RIP ENGLE
Football Coach, Brown University

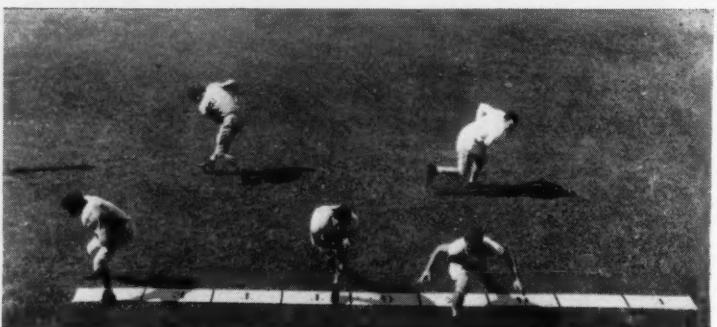
MOST coaches find it necessary to spend a lot of time on faking and timing of their plays. At Brown, we do this with just the backs and a center running from a set position. Two years ago we found that with all our skeleton practice the backs were missing the holes when we took them into a scrimmage. After talking with the boys we discovered that it wasn't their fault, but ours, for having a boy spin and cut over an imaginary hole without knowing the distance within three feet of where he actually was supposed to run. Some coaches have attempted to remedy this by having their managers chalk lines on the field so that the backs would have a definite target for each play. This is not entirely satisfactory for in a short while holes appear where the backs spin or cut and then the back must change his position. This defeats the whole purpose of the practice. For years, we used head gears and blocking bags to mark where certain plays should hit, with the result that the center would move or a blocking bag would be upset and the entire timing would be off, for the holes would be moved and the backs' positions altered. In other words, we have been practicing the most scientific phase of the most exacting game in the world in an unscientific way.

With this in mind the "Canvas Line" was developed. It is a rugged canvas strip, fitted with special fasteners that hold it snug to the ground. (In over two years use not one player has ever tripped over the line). With extensive research we found that the average stance of a high school lineman is thirty-one inches and that of a college boy thirty-three inches. Because of this, we have made two sizes available—we call them average (high school size) and large (college size). We

(Continued on page 33)

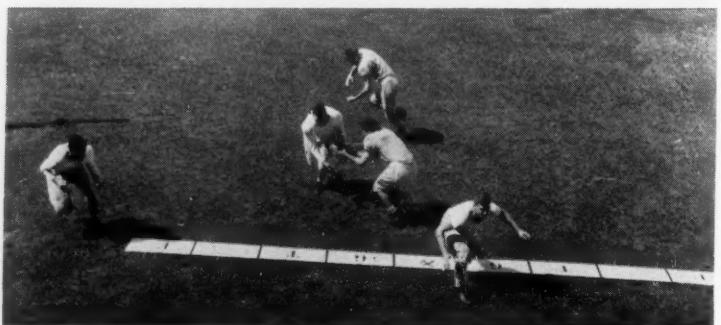


Correct and consistent lineups are necessary to good faking. With a "Canvas Line" conditions are consistent and good timing is much easier to obtain.
(Note — unbalanced side)



After a spin he will never know if he hit over his inside tackle unless you have a "Canvas Line."

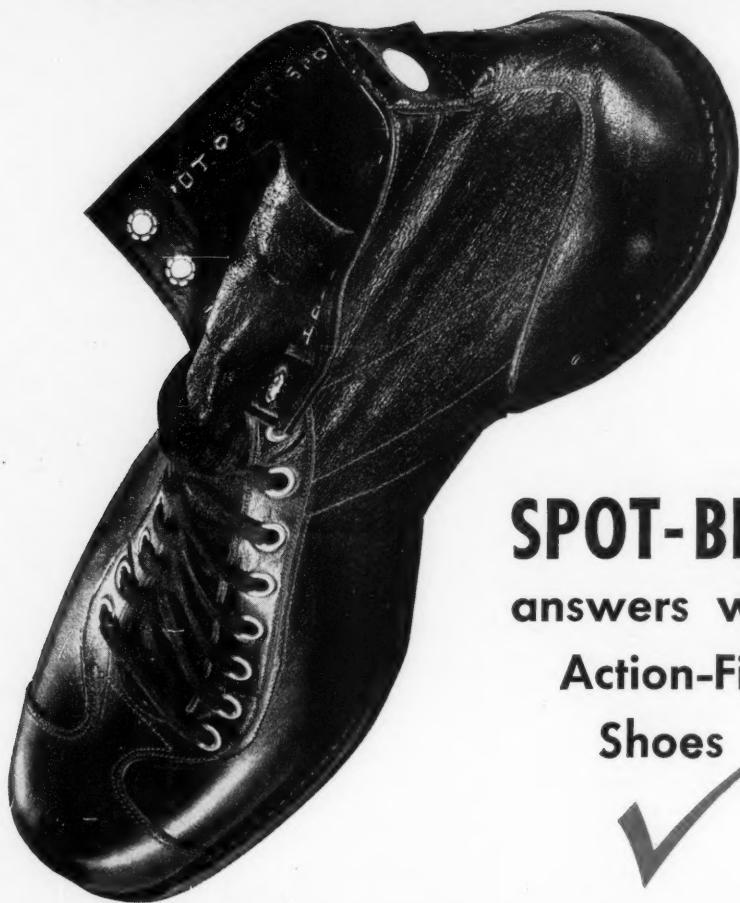
(Note — unbalanced side)



How do you know the quarterback has handed off and executed the dive tackle play unless you can check on the fullback's exact position as he crosses the line?

(Note — balanced side)

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Southern Coaches

TOM LIEB—UNIVERSITY OF FLORIDA

—By ALLEN SKAGGS

Editor's note: This is the first in a series of sketches on southern college and high school coaches—men who have strengthened the physical and moral fibre of America's youth, and whose names are irrevocably interwoven with the history and tradition of southern sports.

Head Coach Thomas John Lieb, of the University of Florida, as Irish as the shillalah, came to the University in the spring of 1940 and revamped the Gator grid style to fit in with his own ideas on the Notre Dame Box.

A former Notre Dame football star, during the days of Knute Rockne, Lieb has coached the Gators through four seasons since 1940. When grid material became increasingly scarce and the University abandoned intercollegiate football competition for one year in 1943 he took over as Physical Fitness Director during that year and received U. S. Army commendation for one of the most intensive fitness programs in the country.

When the Gators returned to the gridiron in 1944, boasting mostly 17-year-olds and 4-Fs, Lieb again revamped the Gator offense to incorporate the T-style with the Notre Dame Box, giving his light backfield opportunity for more speed. That the strategy was sound was borne out in the records when the youngsters took four out of their seven-game schedule.

Lieb's interest in boys dates back to the days when he was directing a summer camp in California from 1923 until 1942. His background is rich in the life of American sports.

He was born in Faribault, Minnesota, in 1899, and attended both grammar and high school in Faribault. He is a graduate of Notre Dame, where he received a BS degree, cum laude, in 1923. He received his Master of Arts, with a major in psychology, from the same University in 1926. In 1930 he received a secondary teacher's credential from the University of Southern California.

While at Notre Dame, he participated in all major sports, and was an honorable mention for All-American tackle in 1922. Many of Lieb's teammates at Notre Dame are prominent in the sports world today, including Elmer Layden, Dr. Eddie



Above: Coach Tom Lieb, University of Florida

Right: Tom Lieb, while a student and star athlete at Notre Dame.

Anderson, Hunk Anderson, Jimmy Crowley, Edgar (Rip) Miller, and others. His roommates at Notre Dame were Elmer Layden and Joe Bergman.

He also won monograms at Notre Dame in baseball, hockey and track. He held All-American records in the discus, and went to the Paris Olympics in 1924.

Lieb's coaching record began in 1923, when he became line coach at Notre Dame. He kept the line position until 1925 when he accepted the line job at the University of Wisconsin for three years. His biggest triumph at Wisconsin was in 1928, when the Badgers defeated Notre Dame, 25 to 6, and tied for the Big Ten title. He returned to Notre Dame in 1929 as assistant to Rockne and helped coach the team to the national championship.

In 1930, Lieb was named director of athletics and head football coach at Loy-

ola University in Los Angeles, where he remained until 1939. During his nine years at Loyola, Lieb put football back on a paying basis, jumping the attendance at Loyola games from 15,000 in 1930, to over 200,000 for each of his last three years. Loyola held the Ice Hockey Championship for four successive years.

Lieb is married and has one child, Thomas John Lieb, Jr. An active worker in civic life, he is a member of the Junior and Senior Chamber of Commerce and the American Legion. Outside coaching hours, Lieb takes an active interest in fishing and photography. He has had two books published on line coaching, both of which sold out.

He will be ably assisted this year by End Coach Spurgeon Cherry, former member of Charlie Bachman's 1928 Gator team, and Backfield Coach Bob Pitman, another prominent Florida alumnus.



LINE PLAY

(Continued from page 24)

Charge:

1. Quick, hard charge is important requisite of good defensive line play.
2. Be ready and alert on defense.
3. Vary attack—mix up defensive stunts.
4. Very important to remember—Down, distance, and position on the field.
5. Watch offense and analyze formation as quickly as possible.

Tackles:

Tackles are the backbone of your defense line, therefore, place your best and biggest men at tackle positions. Strong or weak tackles determine defense strength or weaknesses.

Place your biggest and best man at left tackle. Fastest and smaller man is placed at right tackle.

Various defensive stunts:**1. Defensive tackle vs. wingback.**

1. Always play one man.
2. Feint end, play wingback.
3. Feint wingback and play end.
4. Hard drive into the wingback.
5. Play end with hands, hip wingback.
6. Pivot only when pinned by end and wingback.
7. Protect your legs at all times and remember down, distance and position.
8. Stay low.

2. Defensive Tackle vs. End.

1. The end is a big help to defensive tackle in determining the type of play.
2. Never neglect the end. Always play end or know where he is at all times.
3. Foot feint.
4. Shoulder drive.
5. Hip drive.
6. Arm lift.
7. Stay low.

Guards:

1. Stay low.
2. Foot feint.
3. Shoulder drive.
4. Over the top.
5. Arm lift.
6. Hip drive.
7. Roll.
8. Charge and slide.

Regardless of any stunt the most important thing is that every lineman charge and take care of his own position. His first movement should be into his opponents' territory and then to follow the ball.

Linemen must work and be worked.

A good rule to follow on defense is "Act and then Look."

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Football at Carolina Pre-Flight School

By LIEUT. COMDR. P. W. BRYANT, U.S.N.R.

Football Coach

THE objectives of the Navy Pre-Flight Schools are now familiar to almost everyone.

Football training at Carolina Pre-Flight is one of the ten athletic activities taught. It is designed as a part of the broad, over-all preparation of the naval cadet for flight training, conceived to provide an all-around background that will make him the best equipped combat flier in the world. Therefore, our objectives as instructors are to develop strength, skill, stamina, courage and competitive spirit in these cadets.

Each cadet here participates in twenty 40-minute football classes during his tour of duty. In teaching these classes we make every effort to teach football in a way that the cadets enjoy playing, to avoid injuries, but at the same time achieve our objective. Twenty classes are organized into eight periods as follows:

1. **Organization.** The time allotted for the first class is used for dividing the squads into groups. Men who have played college football are grouped together. Those who have played high school football are in another group, while those who have had no experience are in still another group. This is done in order that all cadets will be competing against men with approximately the same ability and experience as themselves.

2. **Fundamentals.** Four days are spent working on fundamentals. Stance, charging, pulling out, shoulder blocking, hip blocking, tackling, ball handling and passing are covered in that order.

3. **Offense.** The type of offense used depends on the personnel of each particular squad. We use everything from the "T" to a spread formation, but always limit each team to 6 offensive plays for the first game, with two additional plays for the second game. Four days are spent working on offensive plays with a scrimmage on the 4th day.

4. **Defense.** Only one day is spent working on defense. Each team is limited to one defense and that defense must be identical to the one the opponent's offense has been designed to run against.

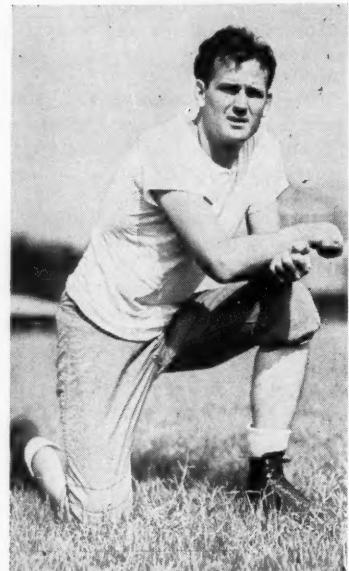
5. **Game.** Regular games are played by each group on the 10th day. Every cadet must play at least half of one of these games.

6. **Review.** The 11th and 12th days are spent reviewing fundamentals and working on the offense.

7. **Advanced offense.** On the 13th day each coach gives his team two additional plays, as a rule some sort of trick play that usually backfires in the ball game.

8. **Second game.** The football course is wound up with a big game between different battalions. The spirit and feeling is very high at these games, with both officers and cadets pulling for their particular battalion.

From a coach's viewpoint there are many advantages in working with football here. Most important of all, we have had the privilege of working with these fine young men who went out to finish off the Japs. Furthermore, we have the op-



Lt. Comdr. Bryant is better known to Southern sports fans as "Bear" Bryant, All-Southeastern end at Alabama. He served as assistant coach at Alabama and line coach at Vanderbilt before entering the Navy.

portunity to experiment with any new wrinkle or idea we have that might improve the game.

Class football also affords us the opportunity to look over each cadet in the regiment in an effort to find talent for our varsity squad, which is selected entirely from these groups. When we find a likely looking prospect we check the records to see when he finishes his training here. If the prospect will be around in the fall his name is added to the varsity roster and he will report for varsity practice in September.

In my opinion, we have some advantages over the college coach, but on the other hand we are at a disadvantage in many respects. The conditioning of our players is our greatest advantage. Due to military regulations our players are all on a regular diet and get sufficient sleep. These regular habits, plus the routine training course, assure us

(Continued on page 42)

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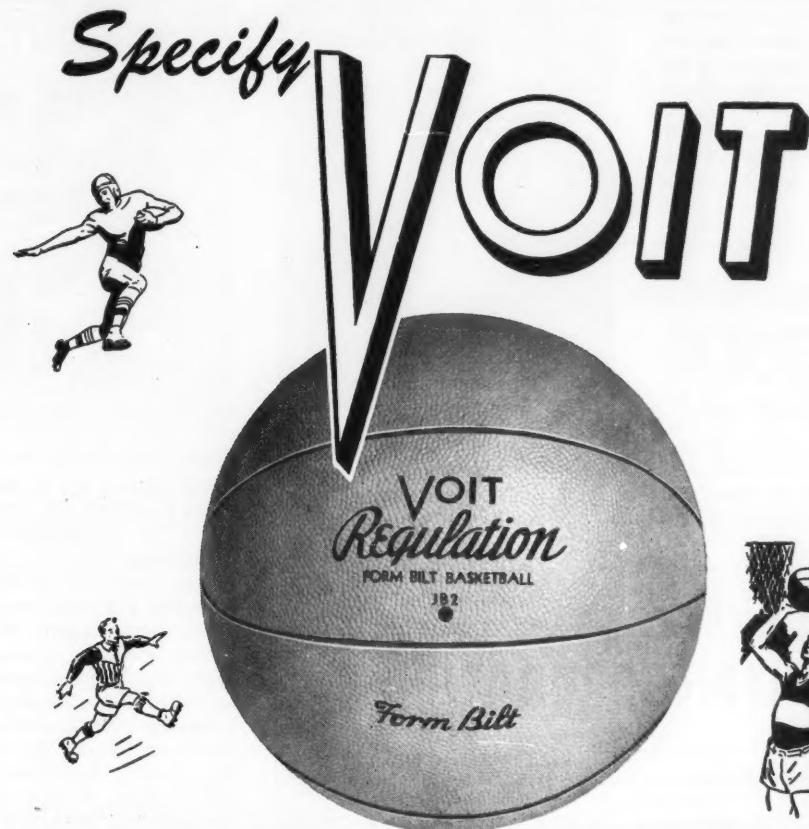


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tough rubber cover that adds up to make your budget go farther! So, keep your eye on Voit . . . and watch for future announcements of a complete line that covers the field.

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Alabama City High School Athletic Association

A new association incorporating principal city high schools of Alabama was organized at a meeting held at the Y.M.C.A. in Birmingham, Alabama, May 5, 1945. The organization is known as the Alabama City High School Athletic Association and was organized in the interest of the larger high schools of the state which have common problems. It is not in conflict with the smaller high schools nor the present State High School Athletic Association. It is hoped that through this organization a better spirit of cooperation among city high schools can be achieved.

Among those present at the initial meeting were: Principals — Ray Black, Sellers Stough, N. H. Price, T. C. Young and Rufus Hibbett; coaches—J. W. De Yampert, Ed Eu-bank, Snitz Snider, Ernest Teel, Tom Braley, C. C. Moore, Walton Wright, Kenneth Morgan, Ralph Martin, J. D. Dunn, John Blane, H. L. Ogle, E. L. Tucker, Claude Walker and Nurmi Nelson.

The following Constitution was presented and adopted:



L. L. Nelson, President

Article 1

This Association shall be known as the Alabama City High School Athletic Association.

Article 2

The object of this association shall



Rufus Hibbett, Secretary-Treasurer

be to promote the athletic interests of the City High Schools of Alabama.

Article 3

Any high school in any town or city in Alabama which has been placed in accredited relations above Junior High School grade by the State Department of Education may apply for membership in this Association. The following high schools constitute the group of Charter Members: Murphy High School, Mobile; Decatur High School; Sheffield High School; Phillips High School, Birmingham; Sidney Lanier High School, Montgomery; Tuscaloosa High School; Ramsey High School, Birmingham; West End High School, Birmingham; Ensley High School; Birmingham; Emma Sansom High School, Gadsden; Woodlawn High School, Birmingham; Coffee High School, Florence; Bessemer High School and Gadsden High School.

Article 4

The management of the affairs of this Association shall be vested in a Board of Directors consisting of the Principal and a Coach from each of the schools in the Association.

Article 5

The Officers of the Board of Directors shall be a President, a Vice-President and a Secretary-Treasurer, all of whom are to be elected by the Board from its own membership.

Article 6

All actions of the Board of Directors must be approved by a two-thirds majority of its membership.

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There is only one bleacher manufactured bearing our registered trade-mark.

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"They Rise to the Occasion"

Article 7

There shall be an annual meeting of the Board of Directors at such time and place as determined by the meeting of the Alabama Education Association.

Article 8

Amendments to this Constitution must be submitted to all schools which are members of the Association at least thirty days prior to the date of the annual meeting and must be adopted by a two-thirds majority vote of the membership.

The following officers were elected: President, Nurmi Nelson, coach at Gadsden; Vice-President, T. C. Young, principal of Ramsay High School, Birmingham; Secretary-Treasurer, Rufus G. Hibbett, principal of Coffee High School, Florence.

Coach Nelson is well known in Alabama athletic circles. He has had notable success as head coach at Gadsden High School for a number of years and is past president of the Alabama High School Coaches Association. He is also a member of the National Federation Football Rules Committee.

Mr. Young has served as principal in the Birmingham school system for a number of years and is a known friend to wholesome amateur athletics.

Mr. Hibbett coached at Coffee High School from 1923 to 1936, when he was promoted to the principalship.

CANVAS LINE

(Continued from page 26)

also arranged to supply lines for odd spacing or splits in the Line if requested. One side is marked for an unbalanced line, the other for a balanced line. In this way, the "canvas" takes care of any formation that a coach chooses to use. When the backs run with this as a target they and their coach definitely know if the play that was called is being run correctly.

Additional advantages to the "Canvas Line" are as follows:

1. We use it to show the entire team the system of signals and blocking and where the hole should be for each play. (We sometimes chalk the play number on the canvas.)

2. It helps the backs to line up in their correct position with relation to the line.

3. It may be moved to a new location in a few seconds time when

SOUTHERN COACH AND ATHLETE

holes from spinning and cutting begin to develop in the practice area. (In this way, the backs are always running on good turf and you are saving your grounds keeper a lot of headaches.)

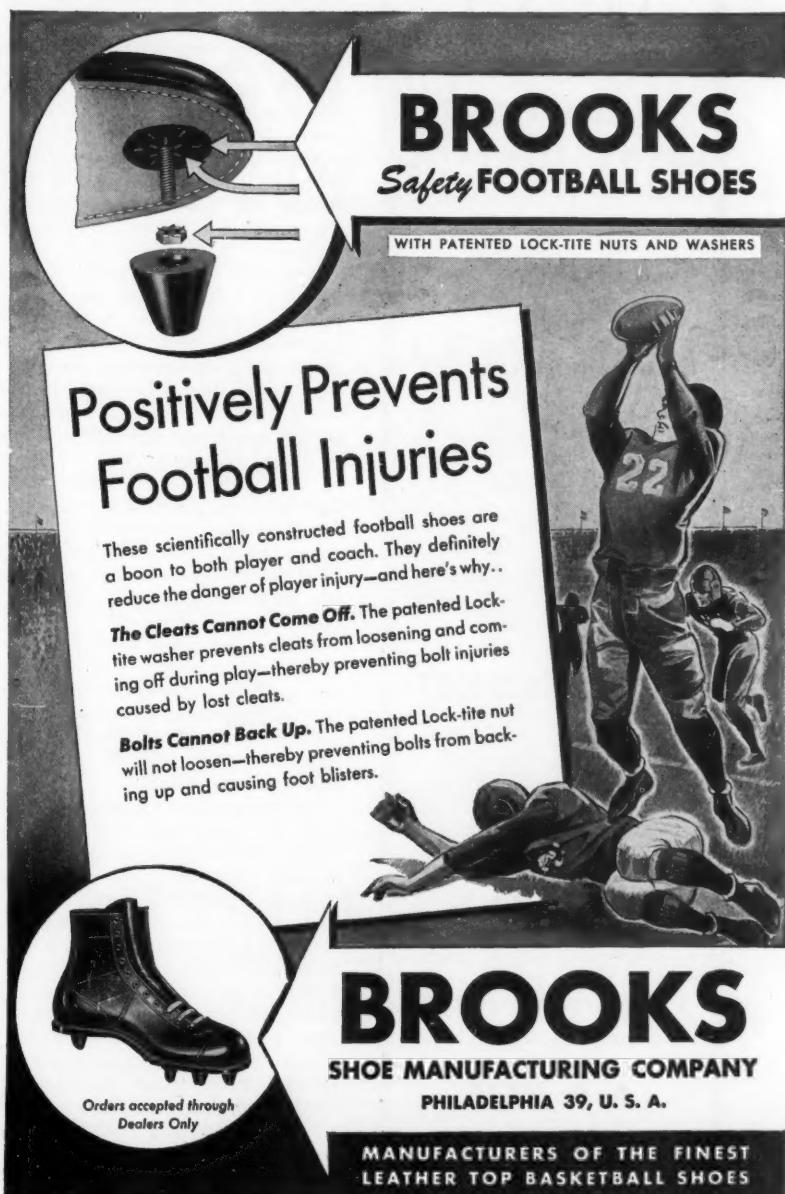
4. The fasteners that hold the canvas taut can easily be removed and the line can be taped to the gym floor for indoor timing and faking practice.

5. It is of such rugged material and so well made that it will last indefinitely. A number of colleges

holes from spinning and cutting begin to develop in the practice area. (In this way, the backs are always running on good turf and you are saving your grounds keeper a lot of headaches.)

Every college coach that has used it is enthusiastic about its value. We feel that it is a scientific way of developing our faking and timing of plays.

(Due to the unusual interest shown by coaches visiting Brown practice sessions, Rip Engle patented the idea and has discovered a real market for it. Particulars may be obtained by writing to coach Rip Engle, Brown University Athletic Dept., Box C, Providence 12, R. I.)



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Bolts Cannot Back Up. The patented Lock-tite nut will not loosen—thereby preventing bolts from backing up and causing foot blisters.

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1945 FOOTBALL RULES

By H. V. PORTER

Major Modifications

In most respects, the rules of 1945 will be very much like those of 1944 insofar as they affect actual playing procedure. The major modifications are designed to assist in administration of the rules. Here is a summary of these modifications.

1. The player (usually the quarterback) who takes a position less than a yard behind the line and behind the snapper and who remains in this position until the snap is made, will be eligible to receive a forward pass. This applies whether such player actually receives the snap or whether the snap is directly to another player. Such player is in a legal position even though the snap goes to another player who is farther behind the snapper.

Comment: In past years, it was illegal if a player was not on the line of scrimmage or was not at least one yard behind it unless such player actually received the snap. The modification will remove one of the confusing factors in administration and it will also affect a few situations in which there will now be six eligible players when under former rules, there were only five. In actual practice, there will be little change since officials seldom detected any infraction in cases where the player under the center later became a pass receiver.

2. The rule relative to a kick which goes into the receiver's end zone will be greatly simplified through a provision whereby any kick which touches anything behind R's goal line is dead as soon as it touches and it is a touchback.

Comment: Last year, this rule applied to all kicks with the exception of the infrequent cases where a new impulse was added to cause the ball to go across the goal line. This year's modification removes the exception so that a definite simple rule applies. Under the former rule, there was a complex series of situations which might have developed and which made it necessary to give coverage in an extensive table which confused players, coaches and officials. These complexities do not exist under the new rule. There are adequate safeguards against abuse because in the

case of any player getting possession of a kick, the kick is immediately ended and if there should be any case where a player might attempt to abuse the rule by purposely muffing or accidentally kicking the ball across the goal line, it is a foul for illegally batting a kicked ball. It is not probable that the rule will have very much influence on actual playing procedure. If it has any such influence, it will be in the direction of making it safer for the receivers to actually handle the kick rather than standing around while waiting for it to be declared dead.

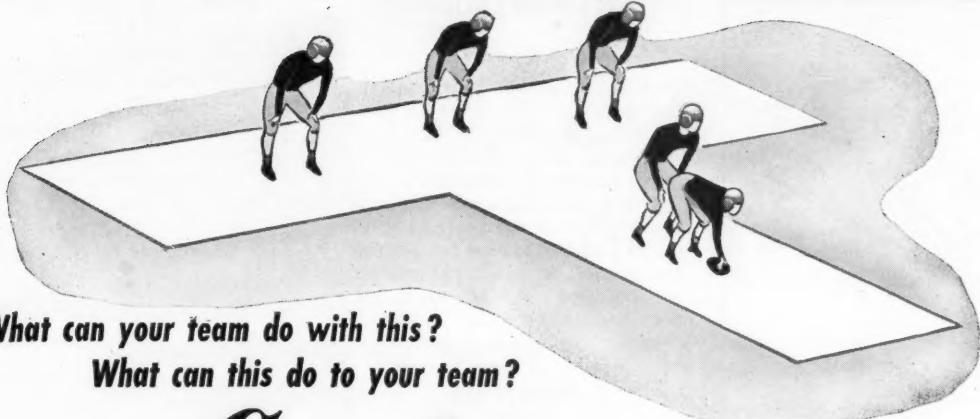
3. There is a slight modification in the case of a kick from scrimmage which is recovered by the kickers behind the line of scrimmage. If such kick is touched beyond the line by a receiver and rebounds so that a kicker recovers behind his line, it will be first down for the kickers, even though they might not be able to advance such kick to the necessary line. This permits a definite rule statement to the effect that any kick from scrimmage which is touched by the receiver beyond the line is followed by the first down (regardless of whether recovery is behind or beyond the line.)

Comment: It is doubtful whether this modification will have any effect on playing procedure. It is merely a simplification of administration.

4. In the case of a player in illegal motion at the snap or for an illegal shift, the ball will remain in play the same as for offside. The same thing applies to offside on a free-kick and the free-kick offside includes the situation where B does not have at least five players up to within five yards of their free-kick line.

Comment: In past years, the ball remained in play for offside but was considered as remaining dead for all other snap or free-kick infractions. The addition of man in illegal motion and illegal shift to the cases where the ball remains in play is made on the assumption that the three acts are quite similar and they are the more frequent of the 29 or 30 possible infractions which may occur immediately before or simultaneously with the snap or

(Continued on page 42)



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POST-WAR PROGRAM

(Continued from page 12)

gram. After all, what better assistance can one offer to the health of our future citizens.

Running along parallel with the above will be the compulsory physical training program for all students. This will necessitate a physical training staff of at least two men and two women. In order that you may again value the program, the activities will be listed:

PHYSICAL EDUCATION

ACTIVITIES

(Boys)
Games

Touch Football
Basketball
Track
Softball
Boxing
Wrestling
Tumbling
Tennis
Speedball
Golf
Volleyball
Archery
Dancing
(folk and modern)
Swimming
Soccer
Horseshoes
Shuffle Board
Table Tennis
Badminton
Bowling
Fencing
Hockey

Training Activities

Running
Calisthenics
Rough and Tumble Fighting
Simple Judo
Tug-o-war
Wand Drills
Rope Climbing
Weight Lifting
Relay Events
Mass Games

Physical Achievement Tests

The physical measurements of each boy and girl will be taken upon their entrance into Central High School and this anthropometric chart will follow them throughout their three years of high school. At the end of each semester each student will participate in a physical achievement test.

We all have a great job before us and the sooner we start on it, the better it will be for us, the students, the school, the community, and the country.

WITH THE SOUTHERN STATES

(Continued from page 15)

suspension from the association. (Note: In past years there was no state provision of this kind and this led to contests with non-member schools.)

(3) No member school may participate in more than one basketball tournament in addition to the state sponsored tournaments. For tournaments, schools will be placed in three groups.

(4) A comprehensive series of clinics and district meetings has been set up for all athletic officials and coaches. The schools are made responsible for the illegal use of any non registered official. Registration fees were set at \$1.50 for football only, \$1.50 for basketball only, \$1.00 for girls basketball, and \$3.25 for an official who desires to work in all three sports. A mail ballot was taken on several organization problems. One of these was a proposal to increase membership dues and to assess other fees in order to promote the setting up of a full time office. This proposal failed to carry. It appears that the Florida schools know a good thing when they see it and feel that they are getting near full time service at a cost based on part-time work. Secretary LaFayette Golden was re-elected Executive Secretary. The President of the Association is Principal M. Mitchell Ferguson of Sebring.

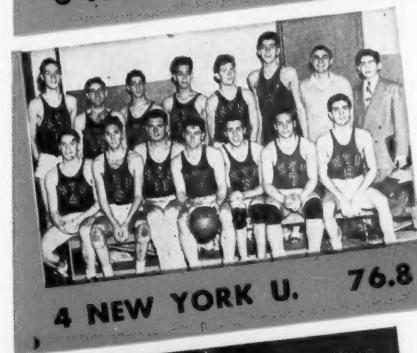
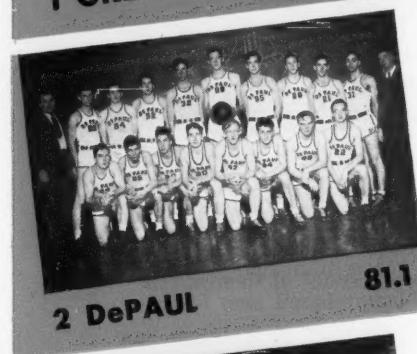
PRE-SEASON TRAINING

(Continued from page 13)

cold shower. If possible, this should be avoided by suggesting that the boys wait just awhile.

We keep a daily work-out weight chart for each boy which is an excellent rule in guiding the daily practice sessions.

Pre-season practice is important, in fact, it is an essential and will require a great deal of hard work on the part of both players and coaches. So far that reason, let's watch ourselves. Football for the boy is fun. It's a game—and we should endeavor to keep it that way. Even in football, that old, old saying still applies—"All work and no play makes Jack a dull boy."

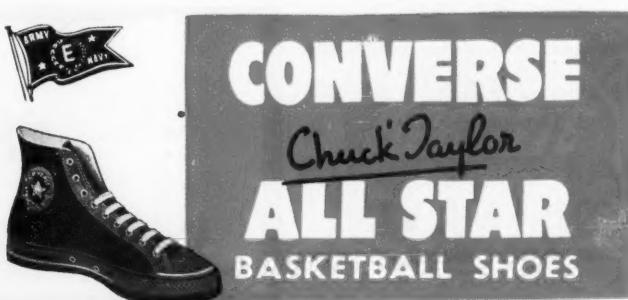


Top College Fives in '45-

WILL THEY REPEAT IN 1946?

ACTUAL PERFORMANCE, rated by the Converse-Dunkel scientific basketball survey, tapped these five quintets as the top college teams the past season. They may repeat in 1946; or the fluctuating fortunes of the hardwood court may see other college aggregations edging in to take top honors. Actual Performance brought preference to Converse "All Star" basketball shoes thirty years ago — has maintained the leadership of this famous footwear year after year for nearly a third of a century. Until Japan goes down to inglorious defeat, Converse basketball shoes go first to our fighting forces. Your Converse distributor will do his best to supply you from his restricted civilian supply of Converse basketball footwear.

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ATHLETICS

There never is much rest for any of our men in actual combat. No wonder that even men of finest physique sometimes are broken! No wonder the nerves of some of the toughest are seriously shaken.

Millions of our boys have faced a thousand variations of physical and nervous torment on battlefields ranging from the Arctic to the equator. They have flown and fought in rarefied air miles above the earth. They have sailed into battle on the sea and under the sea . . . and they've given a glorious account of themselves.

Most of these millions of men will come back to America in far better condition than when they left; but many will return as physical or mental casualties. They should expect a community better fitted to meet their special needs.

The man who sweated it out with the tanks in Faid Pass, who roared in his Jeep across the mine fields before Bizerte . . . the man who brought home his crew in a riddled Bomber from Cologne or who crept in his submarine to fire a torpedo into a Jap ship off Guam . . . these men will not easily settle down at machine or desk, unless off-hours provide release for their hair-trigger energy.

Even battle itself was too mild for such men, where resistance proved slight on the beaches of Sicily. Like these highly trained troops at the hour of assault, millions will return in prime condition, keyed to a high intensity of action. Nerves set for life-and-death combat will need release in vigorous physical activities that demand "trigger" judgments, personal responsibilities and "team"-play.

Sports will then serve them well by helping them turn their energies to useful pursuits that build successful lives; and sports will serve the Nation well by keep-

Boost the
Campaign for
**WAR MEMORIALS
THAT LIVE**

**"Keep Fit Through
The ATHLETIC
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209 S. State Street, Chicago, Ill.

IN THE POSTWAR

ing the restless energy of these millions of men in constructive channels where they build the future of America.

Whatever the Government is doing and may do about rehabilitation of the wounded, and nervously impaired or about the adjustment to peacetime life of those who return in fine physical condition, it will remain for every community to assist in creating an America that is physically fit.

The responsibilities for physical fitness is first and foremost in a democracy, a personal one. People must be made to feel that it is their patriotic duty to develop and maintain in themselves a condition of physical fitness adapted to demands of the America of today as contrasted to the America in the lush period of pre-Pearl Harbor.

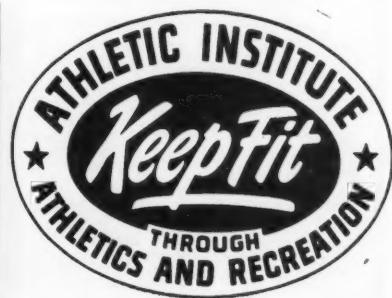
Physical Fitness is an institutional responsibility of schools and colleges, industry, labor, churches, social agencies, clubs, and patriotic organizations. They must all strain themselves to do everything within their means to promote interest in and provide opportunities for physical fitness.

Physical Fitness is a public responsibility. It is the responsibility of each State and Municipal Government. Fundamentally, physical fitness is a people's program and as such demands that all of the people be provided with the necessary opportunities.

Physical fitness, like any other program designed to touch all of the people, will involve legislation, organization, financing, leadership, facilities, equipment, program and promotion. Practically every agency can make its contribution in one way or another. Let's all do our part.

Athletics and Recreation
INSTITUTE, Inc.
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Col. Theodore P. Bank, President



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SCOUTING

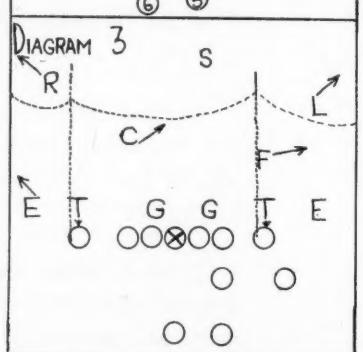
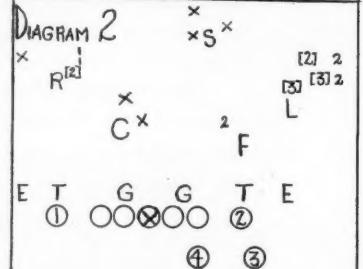
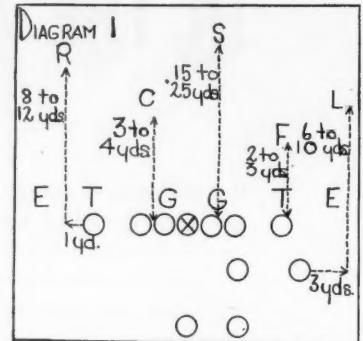
(Continued from page 16)

A team that believes in coverage first will:

- 1—float their ends to sidelines or flats
- 2—drop tackles back or to the sides
- 3—have guards play loose and cover back up the middle
- 4—shift into 6-man line from 7, or into 5-man line from 6 on pass situations
- 5—have tackles play in front of your ends and block or tie them up
- 6—always have secondary back up fast and deep—their first reaction is definitely backwards
- 7—generally play secondary very loose, halves about 10 yards deep
- 8—ends play conservative and responsible for their outsides
- 9—shift line away from sideline, end closest to sideline becoming a pass defender
- 10—have linemen knock down or block all eligible pass receivers coming in their direction

11—double up on your best pass receiver with a lineman on him at the scrimmage line and a secondary man picking him up later

Some system of coverage must be



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used even if rushing is the mainstay. We can attack this problem in four ways. *First*, secure their definite defensive set-up as example shown in Diagram 1.

The distance the men are from the line of scrimmage can best be seen from a seat high up near the middle of the field; the distance relative to the offensive formation can best be seen from high up in the end zone. Record both maximum and minimum distances before the ball is snapped.

Second, during progress of game chart characteristics of each player, as:

F—No. 18, tall about 6', weight 185 pounds, reacts fast, favors his outside, can be fooled.

Third, develop a chart of passes attempted against your opponent such as shown in Diagram 2.

Keys to Diagram 2.

x—interceptions

1, 2, 3—men open, just before pass was thrown, ball not passed to them

[] passes completed.

The above chart indicates that the left half is weak to outside and rear, safety and center play the ball and cover middle efficiently, the right half is weakest to his direct inside.

Fourth, note and diagram system of coverage. Three general methods can lead you to type of coverage, (1) concentrate on one or two defenders at a time and note reactions, (2) watch receivers and note who covers them, (3) use a combination method of (1) and (2). Let's use a combination method on team using defensive set-up shown in Diagram 1.

SOUTHERN COACH AND ATHLETE

Let's concentrate on F and L. A pass is attempted, F flashes immediately to his own outside into the flat, yet no one was there for him to cover. We note him down as a zone man in the flat. Leaving F and glancing towards L, we find him covering a receiver deep to his outside—mentally we mark him deep zone and outside. Now, let's work on C and R. The passer raises his arm, C gives ground rapidly to his rear and inside, covering a man six yards deep. Looking for R we find him backed up with a receiver to his outside. C has short middle, R deep outside.

Next pass we watch the offensive ends. The pass is thrown and these offensive ends crossed deep, yet R, L, and S didn't follow all the way across but switched and took receiver breaking into them. Now we know they are not playing a strict man-for-man defense and that S has the deep middle territory. All zones are covered except weak-side flat. Let us check this. Next pass situation we watch this particular zone and find the end dropping back about four yards deep. Putting these mental notes together their team pass defense shapes up as shown in Diagram 3.

Mr. Head Coach: "Mr. Scout, tell us briefly, what is their pass defense?"

Mr. Scout: "Well coach, they believe in covering first, even sacrifice rushing for coverage. They play zones and go for that ball in the air. The safety and center are real ball-hawks. Their lefthalf is the weakest man. They use a 6-2-2-1 but against passes it actually is a 5-3-2-1."

Yes, Mr. Scout, your team is in that ball game, until the very end, if you "get their pass defense."

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FOOTBALL AT PRE-FLIGHT

(Continued from page 30)

that our team will be in fine physical condition, even if we did not practice football.

The caliber of football players training at Chapel Hill is at a new low now. There are several reasons for this, the most outstanding being the Navy's lowering the entrance requirements for naval aviation. In 1942 Naval Aviation began taking aviation cadets with only high school education. Consequently there are very few cadets in this phase of the training now who have had college experience. This would be all right if we had a four year course but the best we can hope for is to have a man for one season and we often lose key men in the middle of the season since we have a graduating class each month. Actually our varsity football team is selected from three of the twelve classes per year, making our chances only one in four of getting any good player who takes his pre-flight training here.

I said above that our routine training schedule helps us. That is true but it is also a handicap since our varsity football is strictly an extra-curricular activity, which means, of

course, that the football practice comes after both the players and coaches have finished their regular day's work. Needless to say, there are many days when neither has too much left when he gets to the practice field. For example, I knew one cadet who took a swimming test that lasted approximately two hours on Saturday morning before one of our toughest games that afternoon.

In closing, I might add that there are no grumbling alumni, and if we can help equip these cadets for combat flying, we won't worry too much about our varsity schedule.

1945 FOOTBALL RULES

(Continued from page 34)
free-kick.

5. Teams will be permitted to use a dirt T up to a height of three inches on any free kick.

The question of permitting the defense to recover and advance a backward pass, fumble or muff was discussed at some length. A special committee was appointed to make further study and to report back. In the meantime, several states will set up machinery whereby the proposed modification will be used experimentally. Such experimentation will involve two possibilities: (1) Permit the defense to advance a fumble, backward pass or muff; (2) Permit advance of a fumble or muff but not of a backward pass which has touched the ground. NOTE: The muffing of a kick is not involved because the kickers are never the defensive team until the kick ends (through possession).

The group recommended the publication of a Football Player's Handbook and this publication was officially authorized by the National Federation Executive Committee. It will provide material which may be placed in the hands of players as a textbook for a study of football rules, ethical principles and an appreciation of the machinery through which the game of football continues to make a contribution to a good high school athletic and physical fitness program. Such book will be available before the end of the current school year and will be used in at least 35 of the states.

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